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## Foot Doctor Lifetime Relief Aching

**aqua relief - water circulating heat pad with pump** - aqua relief – water circulating heat pad with pump aqua relief system benefits: • the aqua relief system uses continuous thermal therapy to minimize tissue damage and scarring, helps reduce pain and discomfort, and helps reduce dependency on pain **antenatal exercises - northern health and social care trust** - deep breathing & foot and ankle exercises exercise and relaxation are essential at any time to help you feel good in mind and body. gentle exercises help to improve your circulation as the amount of fluid in your body **how do pressure sores happen? - sci-health** - besides pressure on the skin, other factors increase your risk of forming pressure ulcers too: decreased circulation, due to: smoking, diabetes, high blood pressure. poor positioning & poor cushion support. physical activity that increases repetitive pressure over an area vulnerable to breakdown or causes excessive perspiration (sweat) in a vulnerable area.

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