

WORKING / NOT WORKING

working



Being unemployed is allowing me to pay attention to my ankle and leg and notice when it starts swelling and get it elevated.

Having the flexibility to move about and not sit 8 hours at a desk has been beneficial.

My Physical Therapist told me walking would help keep the swelling down but I haven't made it a habit yet.



not working

When I sit at a desk several hours, my ankle and leg swell and itch.

I need to exercise (walk) more. I have not yet made it a habit. (but i will)

The scar tissue on the bottom of my foot is bothersome. It feels tough and dry and stretched. It is a constant reminder. I don't have insurance now and have not followed up with dermatologist.

I resolve to walk 3 times weekly starting Monday 7/26/10.

I need to make an appt at the free clinic & see if I can get a referral to a dermatologist.

next steps...

