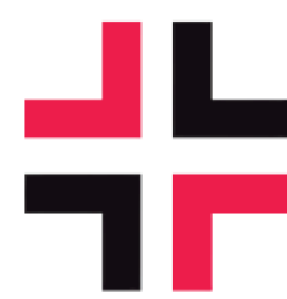


# FIRST AID FOR RESTLESS LEGS SYNDROME



AUSTRALIAWIDE  
FIRST AID

## What Is Restless Legs Syndrome (RLS)?

**A**

People with RLS experience strange sensations deep within their legs, and an uncontrollable urge to move their legs to relieve the sensations.



## What Causes Restless Legs Syndrome (RLS)?

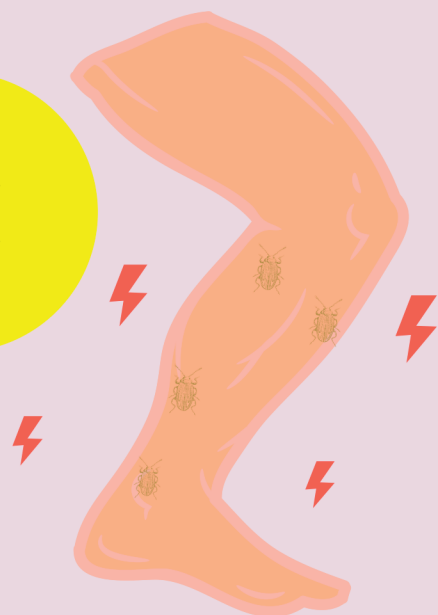
**B**

RLS is thought to encompass a malfunction of the dopamine pathway, which helps control muscle movement. RLS has also been tied to caffeine use.



## Signs And Symptoms Of Restless Legs Syndrome (RLS)

**C**



Strange sensations deep within the legs that have been likened to insects crawling under the skin; and, a compelling urge to move the legs to relieve the sensations.

**STEP 01**

## First Aid For RLS - Step One

You can generally relieve the symptoms of RLS by exercising the legs, including standing and walking.



## First Aid For RLS - Step Two

**STEP 02**

Firstly, consult your doctor for a formal diagnosis. They may have to conduct specialist tests and prescribe medication for the root cause.



**STEP 03**

## First Aid For RLS - Step Three



Cut back on caffeine, alcohol, and nicotine; have hot baths; apply heat or ice pack to your legs; and, get leg massages.