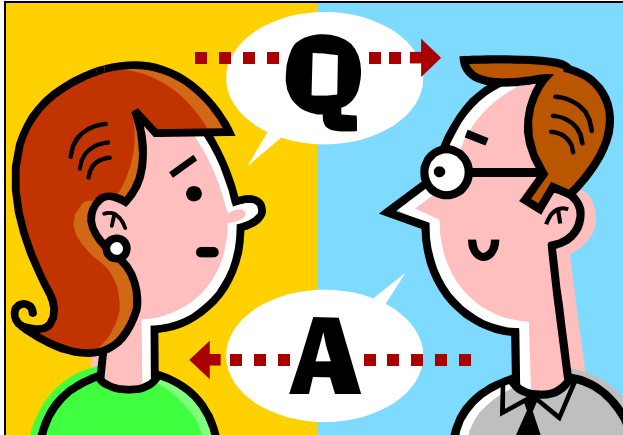


**Remember:**

Consult your Physical Therapist or Physician prior to beginning an exercise program, or if you have any questions about your health.



**For more information, visit:**

- [wikipedia.org](http://wikipedia.org)
- [bupa.co.uk](http://bupa.co.uk)
- [realage.com/health\\_guides](http://realage.com/health_guides)
- [mdihospital.org](http://mdihospital.org)

More Section on Geriatrics consumer information is available at:

[www.geriaticspt.org](http://www.geriaticspt.org) (click "Consumers")

American Physical Therapy Association  
800/999-APTA

APTA consumer information:

[www.apta.org/consumer](http://www.apta.org/consumer)

Find a Physical Therapist near you:

[www.apta.org/findapt](http://www.apta.org/findapt)

by Irena Trapnell  
2007 PTA Program Graduate  
Green River Community College

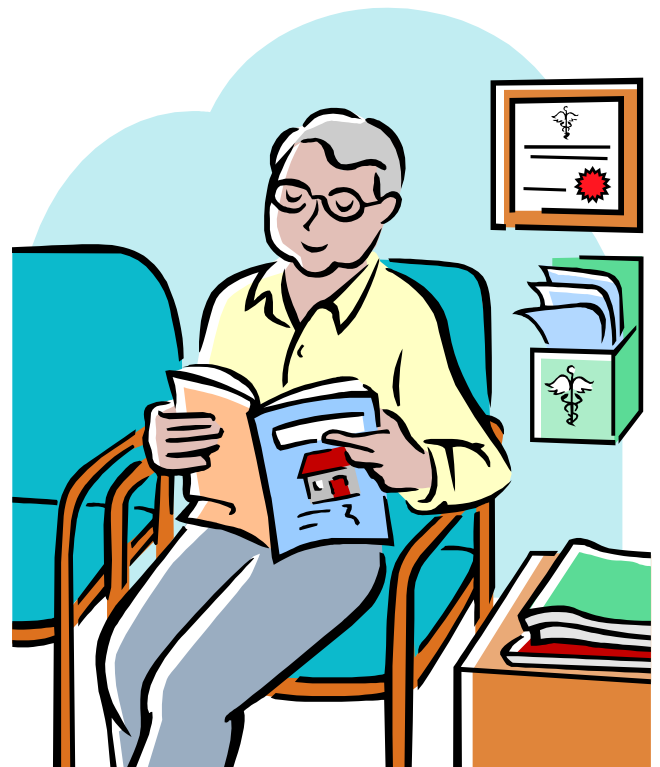


Over 40?

You are at risk for a

**DVT**

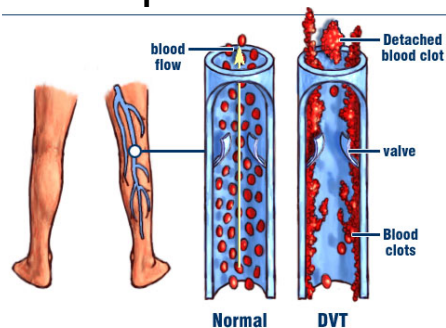
(Deep Vein Thrombosis)



A guide to  
What you should know  
and  
what you can about it

## What is a DVT?

- A DVT is a blood clot that develops in a deep vein, usually in the lower leg.
- A DVT can also occur in the thigh, pelvis or arm.
- A DVT is dangerous because they can block blood flow in a vein.
- A DVT can potentially dislodge, traveling to the lungs, brain or heart, cutting off vital circulation and leading to life-threatening complications.



## DVT risk factors to consider:

- Immobility / Sedentary lifestyle
- Obesity
- Recent hip or knee surgery
- Having cancer
- Taking hormone replacements
- Heart or circulatory problems
- Sitting for long periods of time
- Family History of DVTs
- Get up and walk every 30 minutes especially when traveling

## Symptoms of a DVT include:

Leg pain, swelling, or redness\*

*\*Get prompt medical attention if you think you may have a DVT*

## Things you can do to prevent DVTs

Wear compression stockings

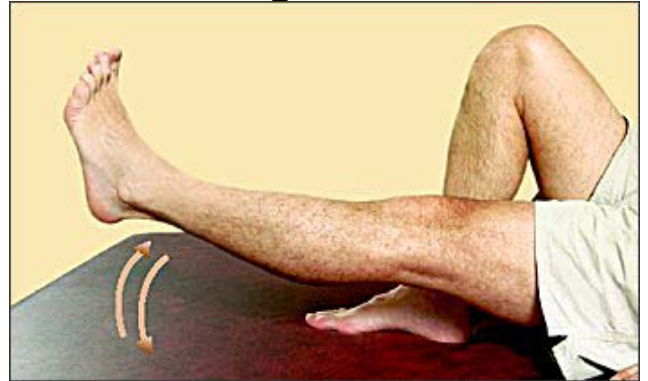
Drink fluids to stay hydrated

Regular exercise (30 minute walk)

Do the exercises illustrated below

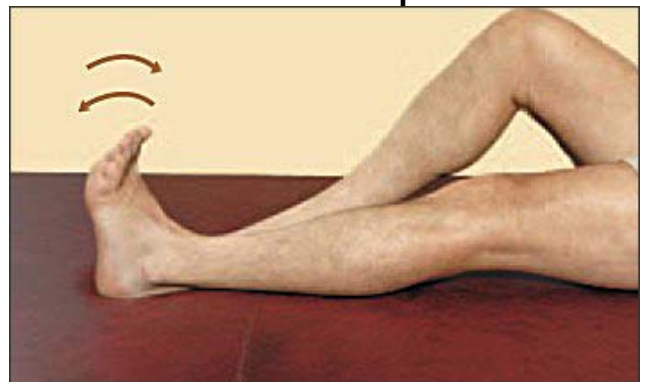
## Exercises to help prevent DVTs

### Leg Raises



*Keeping knee straight, raise leg 6" and hold for a count of 5. Repeat 10 times*

### Ankle Pumps



*Flex ankle up and down as pictured. Repeat 10 times*