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
- bupa.co.uk
- realage.com/health_guides
- mdihospital.org

More Section on Geriatrics consumer information is available at:
www.geriatricspt.org (click “Consumers”)

American Physical Therapy Association
800/999-APTA

APTA consumer information:
www.apta.org/consumer

Find a Physical Therapist near you:
www.apta.org/findapt

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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