

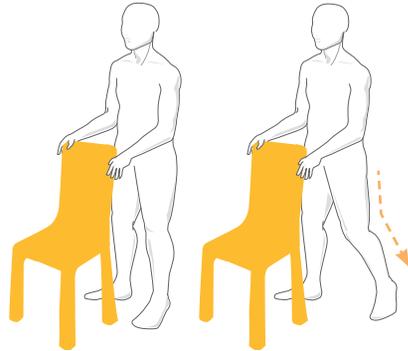
Stretches you can do before beginning your movement program*

■ **Shoulder Rolls**



Stay in your seat and create a gentle circular motion with your shoulders by lifting them upward, then pulling them backward, down and forward. Keep going for another 30 seconds. Then reverse the direction.

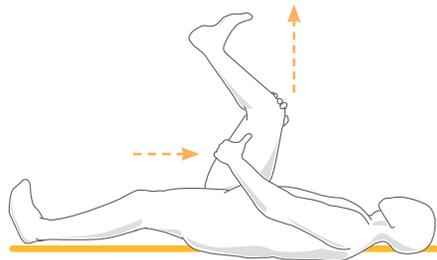
■ **Calf Stretch**



Place your hands on a chair for balance. Step back with your left leg. Keep the leg straight, and press your left heel into the floor, bending your right leg slightly. You will feel the stretch in your left calf. Hold the stretch 15 to 30 seconds and switch legs.

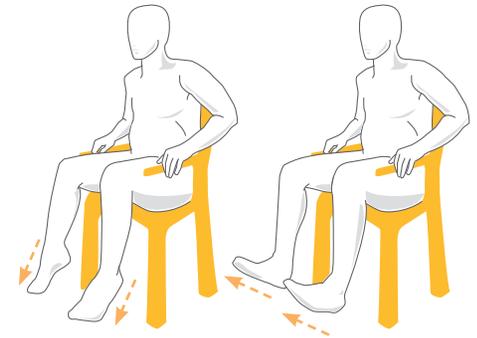
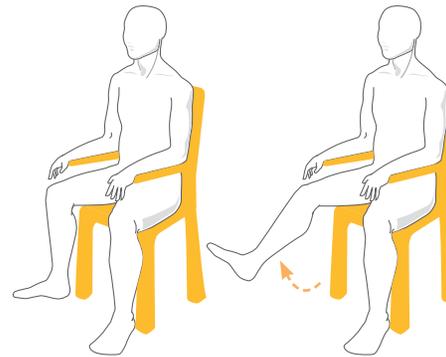
■ **Hamstring Stretch**

While lying down, extend your left leg out straight with your toes pointing up. Bend your right knee. And gently pull your right leg toward you as you straighten that knee in the air. You will feel the stretch down the back of your right leg. Hold the stretch 15 to 30 seconds and switch legs.



■ **Foot Pumps**

Keeping your heels on the floor, lift the front of your feet toward you. Hold for three seconds then flatten your feet. Then lift your heels, keeping the balls of your feet on the floor, hold for three seconds and repeat.

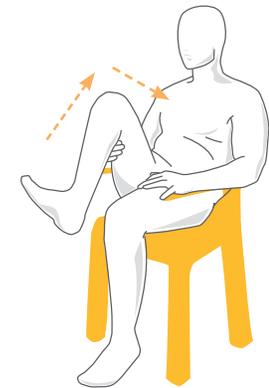


■ **Chair Leg Raise**

Keeping your right leg straight slowly lift off the floor, hold for a moment, then slowly bring it back down. Repeat the movement with your left leg.

■ **Knee Lifts**

Keeping your leg bent, lift your knee up to your chest, then slowly bring it back down. Repeat with your right leg.



Movements you can do while seated*

■ **Ankle Circles**

Lift your feet off the floor and twirl them as if drawing circles with your toes. Continue for 15 seconds then reverse direction and repeat.



■ **Knee Extension**

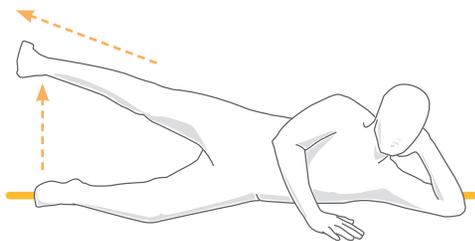
While in a seated position, straighten your right knee, increasing the space at the back of the knee to its full range. Repeat with your left knee.

DVT risk is increased 8-fold in mobility-restricted patients—
knowing your risk can go a long way in helping to reduce risk.

Movements you can do while lying down*

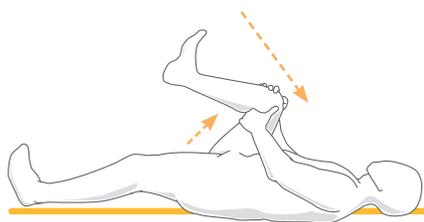
■ Leg Raise

Lie on your side with one leg resting on top of the other. Slowly lift your top leg—to a 45 degree angle. Hold for a moment, then slowly bring it back down and repeat the movement. Switch to the opposite side and do the same with your other leg.



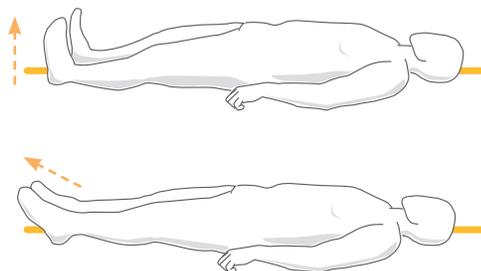
■ Knee to Chest

Lying down, bend your right knee and slowly pull your knee to your chest. Hold for 15 seconds; then slowly let your knee down. Repeat with your left leg.



■ Ankle Extension

Lying down, flex the toes of both feet toward you, hold for three seconds and then press your toes down, hold and repeat.



The Coalition to Prevent Deep-Vein Thrombosis
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Simple Movements. Awareness & Safety.

Simple low-impact movements that may help
reduce the risk of deep-vein thrombosis (DVT)



DVT Awareness: In Motion
is an educational program focused
on reducing DVT risk through
increased movement in settings
where mobility is usually restricted.

This guide, presented by the Coalition to Prevent DVT, will demonstrate simple low-impact movements and stretches that may help reduce the risk of DVT by encouraging blood circulation through increased movement. When the muscles of the legs are inactive, blood can collect in the lower extremities increasing the risk for DVT and its complications.

Up to two million Americans are affected by DVT each year—complications from DVT claim the lives of more Americans than breast cancer and AIDS combined.

Movement is only one way to reduce risk for DVT, and those who can withstand higher impact activity, should do so—because anyone can be at risk for developing DVT and its complications.



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