

DVT Awareness In Motion

Mary Ann Wilson & Melanie Bloom – Assisted Home/Rehabilitation Segment Script

[[TRT 04:21]]

Melanie

If you or someone you care for is at an assisted living home or a rehabilitation center, you know that staying active there isn't always easy. So we're going to show you some simple movements that you can do any time, anywhere - to keep the blood flowing and your muscles active.

Mary Ann Wilson is a registered nurse and the founder of the PBS series, "Sit and Be Fit." She is partnering with the Coalition to Prevent Deep Vein Thrombosis to create this educational program for 'DVT Awareness In Motion.' The program is designed to encourage movement in settings where mobility is usually restricted. Immobility can be among several risk factors for developing DVT. Additional risk factors include – but are not limited to: congestive heart failure, cancer, obesity, advanced age, recent surgery, and smoking.

By watching all the videos in this series, you'll learn how to stay moving no matter where you are. Other segments focus on movements you can do when you're traveling, stuck in bed, or in your office space. Remember, movement is only one way to help reduce DVT risk. Some patients may require compression socks or medications such as anticoagulants – that's why it's important to have a discussion with your healthcare professional about your risk.

Mary Ann

Hello everyone! Now, let's get that blood pumping!

We have Edna here to help us. Hi, Edna!

Okay, first of all Edna we're going to kick into gear with some hamstring stretches.

While you're lying down extend your left leg. Now bend your right knee. Gently pull your right leg. Okay now, I want you to straighten it as much as you can without pain and you'll feel the stretch coming down the back of your leg.

Now don't pull too hard – we don't want any pain – just a comfortable stretch that you can enjoy. Hold that stretch for 15 to 30 seconds and then switch legs.

Next up our chair leg raises. While sitting, keep your right leg straight, then slowly lift it off the floor, hold it for a moment, then slowly bring it back down. Let's repeat with the other leg, straight. Slowly lift and then back down. Nice work, Edna.

Now if you're not able to do leg raises, I've got a great alternative for you. It's our latissimus stretch, and it involves the arms instead of the legs. What you want to do is to hold your arms above your head with one hand and pull to the side. Lean toward the side directly – notice the stretching along the side.

I want to stress how important it is for those of you with prolonged immobility or severely restricted mobility to keep the blood flowing. When your blood flow slows down, it actually can

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collect in places like your lower extremities, just like here in Edna's legs, and that can increase your risk of having a DVT. So keep moving. Do what you can!

Did you know the risk of developing DVT is nearly eight times higher among those with restricted mobility; therefore, knowing whether you have other risk factors can go a long way in helping to reduce your risk.

Okay, let's do one more. Let's try some knee lifts, Edna. Alright, lift your knee, hold under and bring it toward your chest, okay and then slowly back down. We'll repeat that on the other side, slowly lift, hold it – okay and let it down. That was a good one. Thank you, Edna. Great!

Melanie

Please visit preventdvt.org to view all the movements Mary Ann showed you here today, and a complete list of ways to identify your risk for DVT. While you're there, take time to learn more about DVT and its signs and symptoms and be sure to check out the other 'DVT Awareness In Motion' videos!

[On screen disclaimer] *Ambulation/movement is only one way to help reduce DVT risk. Some patients may require compression socks or medications such as anticoagulants – please talk to your healthcare professional. Please be aware that DVT events may occur after you begin to become mobile again.*

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