

DVT Awareness In Motion

Mary Ann Wilson & Melanie Bloom – Office Segment Script

[[TRT 03:47]]

Melanie

Do you spend your days sitting in an office, stuck at your desk or computer for hours on end? Well, here are some simple movements that you can do any time, anywhere – like when you're at work and want 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 a rehab or assisted living facility. Remember, movement is only one way to help reduce DVT risk. Some patients may require compression socks or medications such as anticoagulants – so it's important to have a discussion with your healthcare professional about your risk.

Enjoy the program!

Mary Ann

Hello, everyone! Now, let's get your blood pumping! Let's focus on what you can do when you're at work.

Well, hello Paul [Hello Mary Ann]

Let's start with the calf stretch. Stand behind your chair – now keep your hands on that chair for balance now step back with your left foot. Alright your left heel is on the floor, good. Your right leg is slightly bent. You will feel that stretch along the back of your leg – right here. Hold that for 15 to 30 seconds. Ah, that looks great. Now, switch legs.

Remember, DVT can occur in almost anyone – and sitting for long periods of time may only increase your risk. Therefore these simple movements can go a long way in helping to reduce your risk.

Next, the ever-popular foot pumps. This is a good one. Ah, you're all set. Keep your heels on the floor. Now pull your toes up toward you. Hold them here for three seconds, then flatten your feet. Then lift your heels, keeping the balls of your feet on the floor, hold that for three seconds and then repeat.

You know, your blood flow can slow down any time your mobility is severely restricted. That's when blood "pools" – or collects in places like your lower extremities. That can increase your risk of DVT.

And lastly, work is a great place to do some knee extensions. Let's do those! While in a seated position you're going to extend your leg from the knee, increasing that space at the back of your

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knee to its full range. Now repeat with your left knee. Good job. Keep it up! Anyone can do it, and it feels great, right, Paul? [Right!] OK thank you so much.

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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