

**DVT Awareness In Motion
Mary Ann Wilson & Melanie Bloom – Travel Segment Script**

[[TRT 04:06]]

Melanie

People on the move sometimes get stuck not moving for extended periods of time. So we're going to show you some simple movements that you can do any time, anywhere – like when you're stuck on an airplane, train, bus, or long car ride. These will help you 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 in your assisted living home or rehabilitation center, when you're 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.

Enjoy the program!

Mary Ann

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

We're going to focus on what you can do to keep moving in places where you might be stuck when you're traveling—like in waiting areas or confined in a seat for a long trip.

Hi Linda! [Hi Mary Ann]. How are you? [Well, thank you]. Good.

We're going to focus on three exercises – these will keep your muscles limber and keep the blood flowing.

First is going to be ankle circles. So you're going to extend both legs and start twirling your ankles in one direction like you're drawing circles with your toes. And then you want to continue that for about 15 seconds and then reverse the circle. That's pretty easy – but its effective – isn't that right – can you feel that?

Remember, DVT can occur in almost anyone—and being in a mobility-restricted setting can only increase your risk—therefore these simple movements can go a long way in helping to reduce that risk.

Now let's do some shoulder rolls. Linda, stay in your seat, and create a gentle circular motion with your shoulders first by lifting them up then pulling them backward, now down and forward.

US.ENO.09.11.013

Keep going, and we're going to that for about 30 seconds Linda. And then reverse the direction. Okay, start back, bring it up, forward and down, back – forward.

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 a DVT.

To help avoid that, here's one of my favorite exercises, its called the tip-toe flex. What you want to do is flex the right foot upwards, good, hold it for three seconds and then switch. Keep alternating by flexing the left and the right upwards holding it for about three seconds. Good work – good. I think I heard your flight, Linda. I'm sorry – thank you so much! Bye!

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.

US.ENO.09.11.013