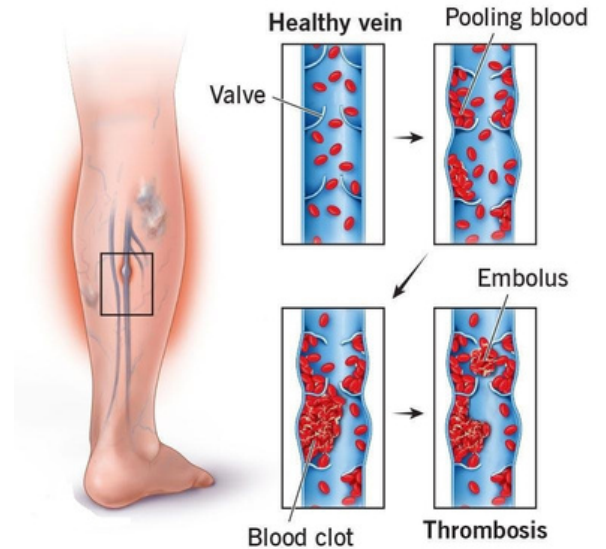




CANCER
REHABILITATION
CENTER

Deep Vein Thrombosis



DEEP VEIN THROMBOSIS REHABILITATION

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WHAT IS DEEP VEIN THROMBOSIS (DVT)?

- Blood clot formation in the deep veins, typically in the legs
- Can be life-threatening if the clot breaks loose and travels to the lungs (pulmonary embolism)

CAUSES

- Immobility or prolonged bed rest
- Surgery or trauma
- Cancer or cancer treatment
- Genetic predisposition
- Obesity
- Age (over 40)
- Hormonal changes (pregnancy, menopause)
- Inherited blood-clotting disorders

SYMPTOMS

- Swelling, redness, or warmth in the affected leg
- Pain or tenderness in the leg, ankle, or foot
- Weakness or cramping in the leg
- Skin discoloration or ulcers
- Shortness of breath or chest pain (if the clot breaks loose)

TYPES

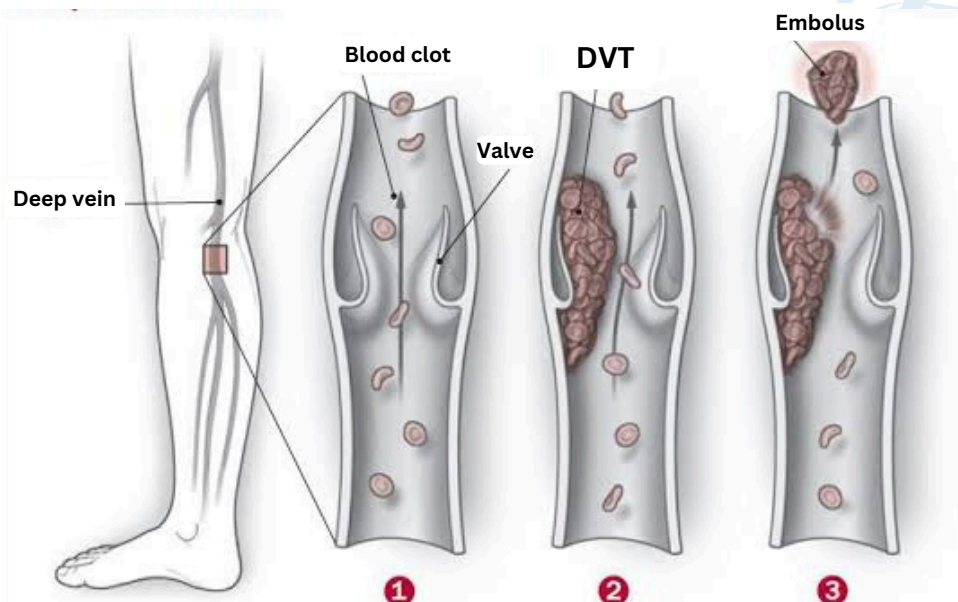
- **Proximal DVT:** Clot forms in the larger veins near the hip or groin
- **Distal DVT:** Clot forms in the smaller veins near the calf or ankle

DEEP - VAIN TROUBLE

Blood clot: Leg veins contain small valves that help keep blood moving toward the heart. Injury, immobility, and other factor can lead to the formation of a blood clot.

DVT: Inside a leg vein. This is called a deep-vein thrombosis. Sometimes a piece of the clot breaks away.

Embolus: (this is called an embolus) and enters the circulation. If it lodges in the lungs, it can cause a potentially embolism.



COMPLICATIONS

- Pulmonary embolism (life-threatening)
- Post-thrombotic syndrome (chronic pain, swelling, and skin changes)
- Recurrent DVT or pulmonary embolism
- Bleeding or bruising due to anticoagulation therapy

TREATMENT

Anticoagulation Therapy

- Blood thinners like warfarin, heparin, or direct oral anticoagulants to prevent clot growth and new clot formation.

Filter Insertion

- Placing a filter in the vena cava to prevent clot migration to the lungs.

Elevation and Rest

- Elevating the affected leg and getting plenty of rest to reduce swelling and promote blood flow.

DIAGNOSIS

- Physical examination
- Medical history
- Imaging tests (e.g., ultrasound, CT scans, MRI)
- Blood tests (e.g., D-dimer)

Thrombolytic Therapy

- Clot-busting medications like tPA or streptokinase to dissolve the clot.


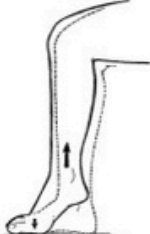


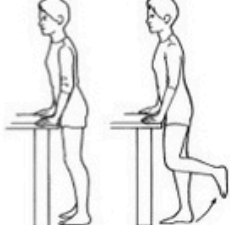
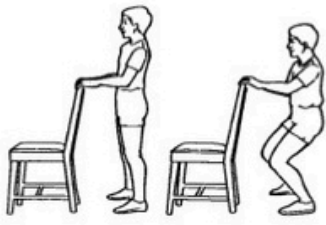
Compression Stockings

- Wearing tight stockings to reduce swelling and promote blood flow.

Surgery

- Removing the clot or repairing damaged veins in severe cases.

EXERCISE FOR LOWER LIMB (DEEP VAIN THROMBOSIS)

		
<p>Roll your foot in a circle Repeat in the opposite direction</p>	<p>Place your foot flat on the floor Tap your heels</p>	<p>Sit with your feet down Straighten and bend your knee</p>
		
<p>Stand holding on to a firm surface (e.g. table) Lift one foot off the floor as high as you can Slowly lower back down</p>	<p>Bend your knee, lifting your foot up behind you and lower</p>	<p>Slowly bend both your knees and Then slowly stand back up</p>

PREVENTION

Move Regularly

- Move around every hour during long trips or hospital stays.

Exercise Regularly

- Engage in regular physical activity to improve circulation.

Maintain a Healthy Weight

- Reduce pressure on veins by maintaining a healthy weight.

Avoid Smoking

- Smoking increases the risk of DVT.

ADDITIONAL PREVENTION STRATEGIES

Stretch and Move

- Stretch and move your legs during long trips.

Stay Hydrated

- Drink plenty of water to stay hydrated.

Manage Blood Pressure and Cholesterol

- High blood pressure and cholesterol increase the risk of DVT.

Wear Compression Stockings

- Wear compression stockings during long trips or hospital stays.

Consider Anticoagulation Therapy

- High-risk individuals may benefit from anticoagulation therapy.

Avoid Crossing Legs

- Avoid crossing your legs, which can restrict blood flow.

Avoid Tight Clothing

- Avoid tight clothing that can restrict blood flow.

EXERCISE FOR LOWER LIMB

These exercises are best done lying on the floor with legs raised on pillows.



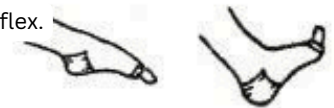
Bring knees to chest



Slowly straighten and lower each leg in turn. Repeat 10 times.



Slowly point toes and then flex. Repeat 10 times.



Move each foot in a circular movement to the left and then right. Repeat 10 times.



Bring knees to chest wall and do cycling movement. Repeat 10 times.



All exercises should be done 10-15 repetition and 2 times a day.