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EXERCISES TO REDUCE THE RISK OF DVT WHILE IN A CAR OR AIRPLANE



1. Ankle Circles

Lift feet off the floor. Draw a circle with the toes, simultaneously moving one foot clockwise and the other foot counter clockwise. Reverse circles. Rotate in each direction for 15 seconds. Repeat if desired.



2. Foot Pumps

Foot motion is in three stages.

1. Start with both heels on the floor and point feet upward as high as you can.
2. Put both feet flat on the floor.
3. Lift heels high, keeping balls of feet on the floor.

Repeat these three stages in a continuous motion and in 30-second intervals.

Walk around as much as you are able for short periods at a time