

Make sure to also stay hydrated by drinking plenty of water.

The following exercises can also help when you are sitting for long periods of time. Try to remember to perform them every hour while you are sitting down.

In addition, perform the following exercises every hour:

ANKLE PUMPS

Sitting in a chair, move your feet up and down as in the picture.
(30 repetitions per hour)



KNEE EXTENSIONS

Straighten one knee, then slowly lower your foot to the floor, bending your knee. Repeat on your opposite leg.
(30 repetitions per hour)



SEATED MARCHING

Sitting in a chair, slowly lift your knee up as much as possible in a marching movement, then slowly lower it. Alternate legs.
(30 repetitions per hour)



This leaflet is for general information only and is not a substitute for medical advice.



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Phone: 087 363 4828 Mon. – Fri. 9am – 1pm

Exercise after a Blood Clot

Patient Information Leaflet



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Thrombosis Ireland
Spot The Signs... Save A Life

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EXERCISE AFTER A BLOOD CLOT

After experiencing a blood clot, which can appear as a pulmonary embolism (PE), a blood clot in the lungs, or deep vein thrombosis (DVT), a blood clot in the arms or legs, it's important to get back into exercising. For many people, this can be a challenge. Walking, swimming, cycling are good options to begin with.

BEGINNER WALKING PROGRAM

Try to choose a route that is close to home, relatively flat, and has plenty of places to rest along the way. For example, a local park or a shopping mall.

Warm up by walking slowly for 5 minutes.

Your goal is to walk
for 30 – 45 minutes
5 – 7 days per week.



Other types of exercise to consider which are not load bearing that you may find easier, are swimming or cycling.

- ◆ Week 1: Walk for 5 minutes at a comfortable pace, 3-4 times per day.
- ◆ Week 2: Walk for 10 minutes, 3-4 times per day.
- ◆ Week 3: Walk for 20 minutes, 3 times per day.
- ◆ Week 4: Walk for 30 minutes, 2 times per day.
- ◆ Week 5: Walk for 40 minutes, once daily.
Cool down by walking slowly for 5 minutes.

STRENGTH TRAINING WITH OR WITHOUT LIFTING WEIGHTS

It is safe to return to your routine if you already have a strength training program. If you want to begin weight training, and have never lifted weights before, it is recommended that you seek professional advice. Ask your Doctor for a referral to a physiotherapist or a professional who can create an individualized strength training program for you.

SHORTNESS OF BREATH AND PHYSICAL ACTIVITY

When you exert yourself physically while doing exercise or physical activity it is normal to experience some shortness of breath. You should aim to monitor how hard you are exercising by your shortness of breath. On a scale of breathlessness from 0-10 (0 being not short of breath at all and 10 being maximally short of breath) you should aim to reach 3-5 on this scale for a safe moderate intensity work-out. This should mean that while you are breathing somewhat heavily you can still hold a short conversation, but it is noticeably more difficult to speak than when you are at rest.

Shortness of breath should settle once you stop exercising. If you are experiencing unrelentless shortness of breath that does not settle after the exertion and is getting worse, seek medical attention.



PREVENTING ANOTHER BLOOD CLOT

There are many reasons why someone might develop a blood clot. One of those risk factors is long periods of decreased activity, such as sitting on a plane or in a car for several hours or in an armchair/bed at home. While there is a very low overall risk of developing a blood clot due to long periods of sitting, periodic movement may help prevent another blood clot. For any plane or car trip longer than 4 hours, if you are safely able to do so, get up from your seat and walk for five minutes every hour or two.