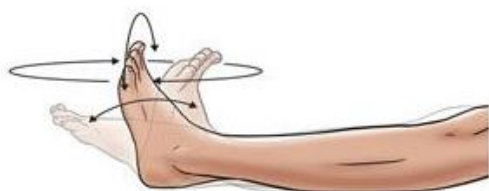


VTE Prevention Exercises

Before you teach any of these exercises to the patient check with the nurse, doctor or physiotherapist if it is safe to do them

THESE EXERCISES HELP PREVENTING BLOOD CLOTS AND THEY CAN BE DONE LYING IN BED OR SITTING ON THE CHAIR.

AIM FOR 10 REPETITIONS OF EACH, EVERY HOUR.



ANKLES

Paddle your feet up and down and circle them around and around



KNEES

Brace your knees so you can feel the muscle tighten on the front of the thigh. Hold for a count of 3 and gently relax.



BOTTOM

Clench your buttock muscles together and hold for a count of 3 before relaxing.



BREATHING

Place your hands on the side of your rib cage. Take a deep breath and feel the ribs being pushed out to the side as you expand your lungs



Patient can download the free app: *Preventing VTE*