

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.

- ◆ 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.

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 and you may find easier are swimming or cycling.

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 professional who can create an individualized strength training program for you.



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.

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.



Exercise after a Blood Clot

Patient Information Leaflet



Email: info@thrombosisireland.ie
www.thrombosisireland.ie
Phone: 087 363 4828
Mon. – Fri. 9am – 1pm

Contact: info@thrombosisireland.ie