



Ankle Circles

While sitting perform a circular motion with your ankle in a clockwise direction, then go counter clockwise. Repeat on other foot.

Repeat 10 Times

Complete 2 Sets

Perform 3 Times a Day



ANKLE PUMPS

Bend your foot up and down at your ankle joint as shown, hold each position for 3 seconds. Video # VVCN9JKTM

Repeat 10 Times

Hold 3 Seconds

Perform 3 Times a Day



HAMSTRING STRETCH

While lying on the ground, hold the back of your knee/thigh area and straighten your knee until a stretch is felt along the back of your leg. Hold for 30 seconds. Switch legs.

Complete 2 Sets

Hold 30 Seconds

Perform 3 Times a Day



KNEE LIFTS

While seated in a chair, lift up your knee towards your chest, set it down and then perform on the other leg. Repeat this alternating movement. Video # VV3HRQ5UJ

Repeat 15 Times

Complete 2 Sets

Perform 3 Times a Day

KNEE TO CHEST

While Lying on your back, hold your knee and gently pull it up towards your chest while keeping your knee straight as possible. Switch legs. Video # VV3W4RJUU



Complete 2 Sets

Hold 30 Seconds

Perform 3 Times a Day



SEATED KNEE EXTENSION

Sit at edge of chair. Straighten your knee. Repeat on other knee.

Repeat 15 Times

Complete 2 Sets

Perform 3 Times a Day



TOE WIGGLES

-Do not perform if you had toe or bunion surgery -

Move/squeeze your toes up and down and hold position. Repeat on other foot. Video # VVXY6FQYY

Repeat 10 Times

Complete 2 Sets

Hold 5 Seconds

Perform 3 Times a Day

Deep Vein Thrombosis (DVT) / Blood Clot Patient Education

Warning Signs:

DVTs usually occur in the legs. The most common symptoms of DVT include:

- Swelling and/or Warmth in the affected leg
- Pain in the leg (may feel like cramping in the calf)
- Redness or other changes in skin color, such as the skin turning more pale or more blue than usual

Symptoms of a Pulmonary Embolism (PE), a blood clot that has traveled to the lungs, include:

- Difficulty breathing / Shortness of Breath
- Sharp chest pain that worsens after taking deep breaths
- Coughing up blood
- Light-headedness, fainting, and unconsciousness (for very large clots)

Symptoms of a PE can occur very suddenly and without warning. A PE is a medical emergency. If you experience any of these symptoms, call 911 and seek emergency medical treatment immediately.

Range of Motion Exercises

When the muscles of the legs are inactive, blood can collect in the lower extremities increasing the risk for DVT and its complications. Movement is one way to reduce this risk.

- Elevate your foot/leg, above your heart, when at rest. This prevents blood from pooling/clotting.
- Movement- when laying/sitting, change your position often and get up and move every hour.
- Exercises- perform hip and knee range of motion 3 times per day. Depending on your type of surgery you may also be able to perform ankle and toe wiggle exercises.