

EXERCISE INSTRUCTIONS

Deep Vein Thrombosis (DVT)

General Guidelines

- Warm-up: 10 minutes
- Aerobic: 30-60 minutes total/continuous exercise (use RPE- see next page)
- Weight Training: 10-20 minutes
- Cool-down: 5-10 minutes
- Stretching: Up to 5 minutes of light stretching

Warm-up

Easy/light movement that prepares your muscles for the aerobic/weight training exercise.

Aerobic

- Done most days of the week.
- Uses large muscle groups working together.
- Should cause an increase in heart rate (HR) and breathing rate, but you should still be able to carry on a conversation.
- Weight bearing exercises (walking) are the suggested type of exercise.
- The goal of aerobic activity is to make sure that you keep moving. Keeping blood moving to all areas of the body helps prevent blood clots formation.
- If you cannot exercise continuously for 30-60 minutes, try shorter bouts of exercise that add up to 30-60 minutes.

Weight Training

- Aim for high repetitions **with light weights 2-3 days per week**,
- Most training should focus on using your legs (examples: calf raises or squats).
- Strength training should only be performed after some form of aerobic warm-up.
- Proper breathing is very important. Be sure to breathe out on the exertional part of the exercise (when you are contracting the specific muscle you are training).
- **NOTE:** it is not safe to do isometric training (pushing against a fixed object or a high resistance without movement) at this time.

Cool-down

Similar to the warm-up; light movement to help bring your heart rate (HR) back down to its resting level.

Stretching

- Stretching decreases muscle soreness and increases flexibility.
- Done after every workout session.
- Hold stretch up to 30 seconds (as tolerated) without moving, and be sure to keep breathing.

PRECAUTIONS

- Your physician should clear you before you start an exercise program.
- Compression stockings may be needed.
- Exercise may result in fluid loss (dehydration) so drink fluids to prevent low blood pressure after exercise. However, patients on fluid restriction should ask for more specific advice.

WHEN TO CALL & WHO TO CALL

If you have any of these symptoms before or during exercise, stop exercise immediately and contact your physician:

- Chest pain
- Shortness of breath, especially if unexplained
- Lightheadedness, or
- Swelling in your affected legs, including ankles or feet
- Coughing up blood
- Redness/warmth over the affected area (?)
- Pain in your legs/ankles or cramping in your calves

RATING OF PERCEIVED EXERTION (RPE)

Use this scale to find the intensity level of your exercise. A rating of 11-13 is ideal.

6	
7	Very, Very Light
8	
9	Very Light
10	
11	<i>Fairly Light</i>
12	
13	<i>Somewhat Hard</i>
14	
15	Hard
16	
17	Very Hard
18	
19	Very, Very Hard
20	

For questions about exercise, call the exercise consultants at:

Cardiovascular Center

734-936-5627

Cardiovascular Medicine at Domino's Farms

734-998-5666 or 998-7400

Developed by Preventive Cardiology (Exercise Physiologists), UMHS.