



## **MEMBER QUERIES: DEEP VEIN THROMBOSIS (DVT)**

*How soon after a DVT can we treat? I have a client who has recently had a DVT and would like a treatment.*

A DVT is when the blood clots inside of a vein instead of outside of it. This leads to a clot that can partially or even fully block the blood vessel. This can lead to reduced or completely impaired blood flow in that vein. If a small part of the clot becomes detached, it can travel through the heart and into the lungs causing a pulmonary embolism. DVTs are usually in the deep veins in the calves and thighs. Symptoms are pain, swelling, redness and heat.

If you have an undiagnosed client with these symptoms, it is important to refer them to their doctor, especially after a long haul flight.

In reflexology terms, DVT is a contraindication, but once the client has their medication stabilized by their doctor and is signed off from the hospital, then you can treat with caution. Do not treat before this as reflexology seems to increase the circulation and this could increase the risk of detachment.

### References:

<http://www.nhs.uk/Conditions/Deep-vein-thrombosis>