

# Blood Clot Prevention

PERFORM 4-6 TIMES PER DAY



## Position 1

Lay flat with both legs supported and elevated 45-90 degrees for 3 minutes.



## Position 2

Sit on the edge of bed with legs relaxed and hanging over the edge. Perform ankle pumps (upward, downward, in, out) for 3 minutes.



## Position 3

Lay flat on bed with heart and legs at the same level for 5 minutes.