

# DEEP VEIN THROMBOSIS



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## WHAT IS IT?

- Deep vein thrombosis (DVT) is a blood clot that forms in a deep vein. DVT can cause a pulmonary embolism (PE) or a cerebral embolism (ischemic stroke). Mostly seen in the lower extremity, but can also occur in the upper extremity veins.
- Results from physical inactivity or lack of muscle activation. Seen in the SCI population with an abrupt stop of activity.



## SPECIAL TESTS



- Screening in hospital for patients who are physically inactive (SCI, stroke population)
- Signs & Symptoms
  - pain, swelling, tender, skin warm/hot, skin red
  - Cardinal signs of inflammation
- Patient history
- Doppler ultrasound
- Homan Sign - reporting pain with forced dorsiflexion
  - Should not be performed!!
  - DVT can be dislodged with maneuver and become a PE

## DIFFERENTIAL DIAGNOSIS

- Baker's Cyst
- Cellulitis
- Lymphedema
- Chronic venous insufficiency
- Popliteal artery/ other arterial/venous aneurysm
- Compression of the vein
- Heterotopic ossification
- Hematoma
- Muscle strains



## TREATMENT EXAMPLES



- Outpatient setting
  - Immediately send to the hospital
- Inpatient setting
  - See if patient is on an anticoagulant regiment

## HOW WILL THIS LOOK ON THE NPTE?

- Emphasize safety in recognizing a DVT
- Clinical/cardinal signs
- Patient history - immobilization, physical inactivity, long flights



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