

Tips to remember when flying to avoid Air Travel Thrombosis

1

KEEP IT LOOSE

Don't wear anything restrictive like a knee brace or tight pants, and don't keep your legs crossed for more than a few minutes.

2

FLEX FREQUENTLY

Raise your heels. Raise the balls of your feet and repeat. Slide your feet back and forth to work your thighs.

3

STAY AWAKE

It's better to not sleep so you aren't staying still for as long. If you must sleep, try to wake yourself occasionally to stretch and move your legs.

If you are at more of a risk for blood clots, talk to your doctor about taking an anticoagulant or wearing compression hose.