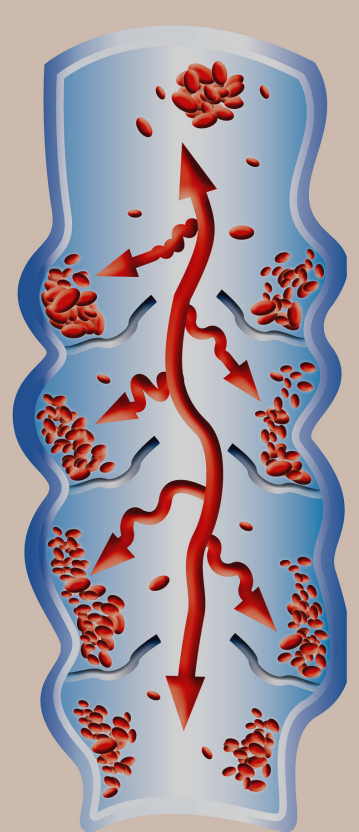


Normal



DVT

**UNDERSTAND THE RISKS OF MASSAGE AND**

# **DEEP VEIN THROMBOSIS**

**Massaging the tissues of the leg could cause a blood clot to break loose resulting in pulmonary embolism. DVT is contraindicated for massage.**

**PULMONARY EMBOLISM CAN  
LEAD TO HEART ATTACK,  
STROKE OR DEATH**

Risk factors for DVT include Covid-19 and Long Covid, Recent Surgery, Recent Leg Injury, Being over the age of 60, Pregnancy, Smoking, Cancer, HRT, Birth Control & Obesity.