

## DVT Scans

### Know Your Risks

Deep vein thrombosis (DVT) scans of the legs can cause awkward shoulder postures and when augmenting, severe twisting of the trunk and neck. These postures can increase risk of injury.



### Consider Your Options

1. Move your equipment to the foot of the bed so you are not reaching behind your shoulder.



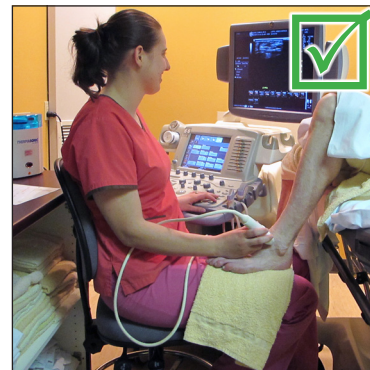
2. Bring the patient to the edge of the table and yourself as close as possible to reduce forward reaching.



3. Turn the patient around so you are always scanning the leg closest to you, reducing reach.



4. Have the patient sit up and rest their leg on a stool or footrest to minimize the reaching.



5. Teach the patient to dorsiflex their foot (pull their toes up) to self augment. This eliminates the twisting and over-reaching.

