

Deep Vein Thrombosis (DVT) / “Clot”.

What is a deep vein thrombosis?

A deep vein thrombosis is a blood clot in a vein. It is most common in the calf muscle, particularly following surgery or after periods of prolonged immobilization (such as air flights). This condition is potentially fatal - if the clot loosens, or moves from the muscle, it can relocate up to the heart or lung and potentially cause death. Fortunately it is not common in football players, however for those players who travel on planes regularly there is an increased risk.



What are the symptoms?

The player will feel constant pain in the muscle (often in the calf), at rest and at night. This is very painful and often associated with tenderness deep in the muscle. The player may notice swelling and may have an increased temperature in the calf. Usually there is no history of any sudden tear, strain or injury.

What can the player do?

If a player suspects that they have a deep vein thrombosis then they should seek medical attention immediately at an A&E clinic or hospital. Do not delay! Often the player's doctor will arrange a scan, which will confirm the diagnosis. The doctor will be able to advise the player of the appropriate treatment. If a player is flying regularly then a pair of “DVT stockings” can prevent clots from occurring. The player should seek advice from their sports doctor with regards to the suitability of “DVT stockings”.

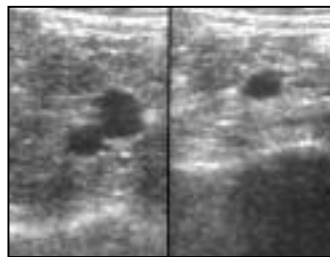


Figure 1: Ultrasound Scan.