**MCN EXCLUSIVE**

**IAM claims motorcyclists at risk from deep vein thrombosis**

Experts warn us to take regular breaks to prevent onset of DVT

By Steve Farrell

**‘If your legs feel odd there’s a problem’**

**STEVE MEAD, IAM**

Increased by a family history of vein diseases.

She said: “Bikers risk having blood from their legs redirected to the superficial veins, the ones near the surface of the skin, causing extra vein diseases and leg ulcers, according to the Lindsay Leg Club Foundation.

The IAM said problems arise from calf muscles not being flexed while riding long distances, an action “key to blood flowing back to the heart unimpaired”.

Rodger said riders should take regular stops and watch for warning signs including patches of red skin between the knee and ankle and depression of skin caused by tight riding gear.

“All of a sudden you might feel you want to stretch that right leg or left leg out. As soon as you get that feeling, rather than stretching out your legs at 70mph, this is the time you need to pull in and stop.”

Dr William Toff, DVT expert in the University of Leicester’s Department of Cardiovascular Sciences, said: “I would have thought that there could be a significant risk because of the combination of being immobile in the seat for a long period, particularly with the flex at the hips and knees that you get when riding a motorcycle, and also maybe aggravated by the constricive clothing that people often wear.”

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