

**PROXIMAL DEEP VEIN THROMBOSIS (PDVT) CLINICAL DECISION
RULE**

Table 1: Characteristics of Proximal and Distal Vein Issues

Type	Characteristics
Proximal	<ul style="list-style-type: none"> • Affects popliteal or femoral veins • 5.1% fatality rate with anticoagulant therapy • Physical therapists may underestimate PDVT risk by 64%-87%
Distal	<ul style="list-style-type: none"> • Affects calf veins • Can lead to PDVT or pulmonary embolism (PE)

Table 2: Risk Factors for Venous Thromboembolism

Risk Factor	Strength
Strong	<ul style="list-style-type: none"> • Fractures (pelvis, femur, tibia) • Hip or knee replacement • Major general surgery • Major trauma
Moderate	<ul style="list-style-type: none"> • Arthroscopic knee surgery • Central venous lines • Chemotherapy • Congestive heart or respiratory failure • Malignancy • Oral contraceptives • Cerebrovascular accident • Pregnancy/postpartum • Previous venous thromboembolism • Bed rest > 3 days
Weak	<ul style="list-style-type: none"> • Immobility due to sitting • Increasing age

Risk Factor	Strength
	<ul style="list-style-type: none"> • Laparoscopic surgery • Obesity • Varicose veins

Table 3: Conditions That May Mimic PDVT

Category	Specific Examples
Musculoskeletal	<ul style="list-style-type: none"> • Trauma • Hematoma • Myositis • Tendonitis • Baker's cyst • Synovitis • OA • Osteomyelitis • Tumors • Fractures
Neurological	<ul style="list-style-type: none"> • Sciatica • Lower-limb paralysis
Venous	<ul style="list-style-type: none"> • Phlebitis • Postthrombotic syndrome • Compressed veins
Arterial	<ul style="list-style-type: none"> • Acute arterial occlusions • Arteriovenous fistula
Generalized Edema	<ul style="list-style-type: none"> • Cardiogenic • Nephrogenic • Dysproteinemic
Cutaneous	<ul style="list-style-type: none"> • Dermatitis • Cellulitis • Lipoedema

Category	Specific Examples
	<ul style="list-style-type: none"> Panniculitis
Localized Edema	<ul style="list-style-type: none"> Pregnancy Oral contraceptives Limb immobilization

Table 4: Clinical Finding Scoring for Deep Vein Thrombosis

Clinical Finding	Score
Active cancer (diagnosed within the last 6 months or receiving palliative care)	1
Paralysis, paresis, or recent plaster cast on the lower extremity	1
Bedridden for more than 3 months or major surgery within the past 4 weeks	1
Localized tenderness along the deep venous system	1
Swelling of the entire lower extremity	1
Calf swelling exceeding 3 cm compared to the asymptomatic leg	1
Pitting edema (more pronounced in the symptomatic leg)	1
Presence of collateral superficial veins (non-varicose)	1
Alternative diagnosis more likely than deep vein thrombosis	-2

Score Interpretation

- ≥ 0 : 3% probability of proximal deep vein thrombosis (PDVT) (95% CI: 1.7%-5.9%)
- **1 or 2**: 17% probability of PDVT (95% CI: 12%-23%)
- ≥ 3 : 75% probability of PDVT (95% CI: 63%-84%)



- **Tenderness Assessment:** Firm palpation in the posterior calf center, popliteal space, and femoral vein area in the anterior thigh and groin.
- **Calf Swelling Measurement:** 10 cm below the tibial tuberosity.
- **Common Alternative Diagnoses:** Cellulitis, calf strain, postoperative swelling.



ACTION

Despite the validity of this clinical decision rule, all patients suspected of PDVT should be evaluated by a physician and undergo formal diagnostic testing, even with a low risk of PDVT.