Table 2. Risk factors for DVT and PE (with focus on the healthy athlete)

- Traveling long distances to and from a sports competition (by plane, bus, or car);
- Dehydration (during and after a strenuous sporting event);
- Significant trauma;
- Immobilization (brace or cast);
- Bone fracture or major surgery;
- Birth control pills, patch or ring; pregnancy; estrogen hormone replacement therapy;
- Family history of DVT or PE;
- Presence of an inherited or acquired clotting disorder (factor V Leiden, prothrombin 20210 mutation, antiphospholipid antibodies, and others);
- Presence of a congenital abnormality of the anatomy of the veins:
  - May-Thurner syndrome (narrowing of the major left pelvic vein),
  - Narrowing or absence of the inferior vena cava (the main vein in the abdomen),
  - Cervical rib causing thoracic outlet obstruction.