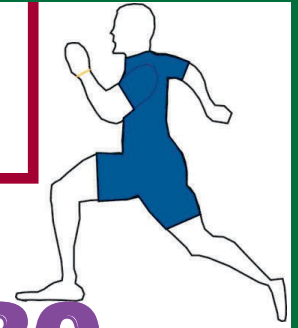




SPORTS



30 minutes

How much exercise you should be doing every day!

Physical activity is an important part of a healthy life. Participation in sports, games and exercise is a fun way to improve the quality of our lives – physically, mentally and emotionally. This does not change because you have haemophilia. In fact, physical activity may be even more important to someone with haemophilia, since it helps to develop strong bones and muscles that protect the joints from the traumas of daily living.

Warming Up

Warming up the muscles for an activity usually consists of performing the activity at a much lower level of intensity for a period of at least **5 to 10 minutes**. This targets the specific muscles to be used.

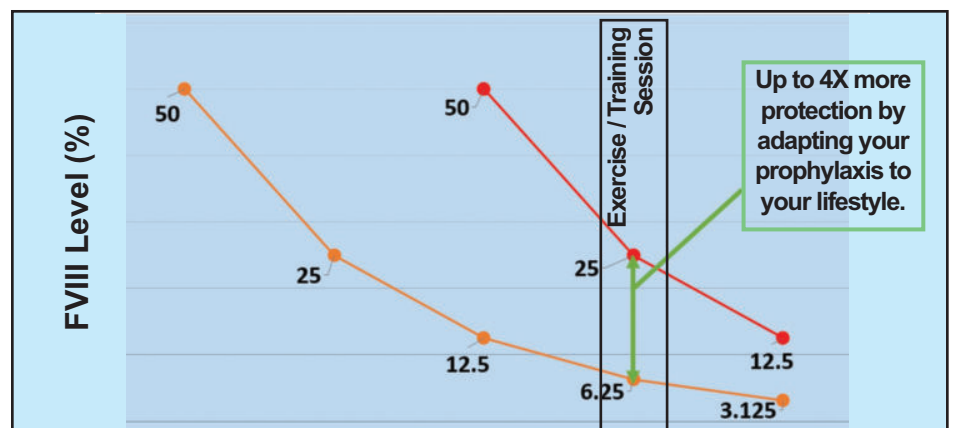
Stretching

Following the warm up, you should stretch for at least **5 to 10 minutes**, using whole body stretching as well as concentrating on the major muscle groups you will be using; shoulders & back for swimming; calf, quadriceps and hamstrings for running and so on. **Hold each stretch for at least 20 seconds** and don't bounce. For specific sports related stretching exercises, see your doctor or physiotherapist.

Cooling Down

Cool down the muscle after sport in much the same manner as you warmed them up – by doing the activity at a greatly reduced level of intensity for a period of at least **5 to 10 minutes**. You should then repeat the stretches as before.

It is vital that anyone with haemophilia **discuss plans for physical activity with your doctor**, who is familiar with your individual situation. Together you and your doctor can assess appropriate physical activities. This discussion should also include a full discussion about how you take your treatment. **Adapting your treatment appropriately for when you take part in physical activities** also taking into account your lifestyle will allow you and your doctor to maximise the time spent doing the activity and **minimise the risk of bleeding** episodes during the activity. Depending on the severity of the condition, a physical examination may be a good idea.



It is very important to realise that bleeding episodes may occur during physical activities. If there is a **suspicion that bleeding** has started, either spontaneously or as a result of an injury, it must be **reported and treated quickly**. Numerous bleeds occurring as a result of a sport may mean the end of participation or the doctor may decide that prophylactic infusion of factor concentrate beforehand is an acceptable alternative.

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