EAHAD
European Association for Haemophilia and Allied Disorders

Clinical practice guideline for physiotherapy in haemophilia

Practical recommendations for primary care physiotherapists in the treatment of persons with haemophilia

What you should know **about haemophilia**

Haemophilia

Haemophilia is an inherited bleeding disorder that mainly affects men. A lower level of clotting factor leads to an inability to form a strong clot and longer bleeding times. It affects about 1 in 5,000 men.

Consequences of condition

1. Bleeds mainly occur in the **joints** (70-80% of bleeds) and **muscles** (10-15% of bleeds).
2. Acute bleeds lead to **pain**, **limited ROM** and problems in activities and participation.
3. **Long term consequences** are chronic joint conditions such as synovitis and haemophilic arthropathy.

Care for persons with haemophilia

Specialized haemophilia treatment centres (HTC) provide diagnostic and multidisciplinary care for people with rare coagulation disorders. Physiotherapy for people with haemophilia may occur outside of the HTC, with continued involvement of the HTC's physiotherapist throughout the treatment process.

SCAN ME

Access the clinical practice guideline for physiotherapy in haemophilia

Scan the QR-code!

This clinical practice guideline for physiotherapy in haemophilia has been formulated to address **joint bleeds**, **haemophilic arthropathy**, **synovitis**, and **muscle bleeds** and to help guide decisions for **orthopedic surgery**, **non-haemophilia related conditions**, and **paediatric treatment**.

What you should know **before the start of the treatment**

Highlights from the practice guideline

Signs of a bleed can be subtle and hard to differentiate from other conditions. Please, contact the HTC:

- Before the start of treatment in primary care, if patients with musculoskeletal complaints report to the physiotherapist without a referral (self-referred).
- If recovery doesn't progress as expected or there is any doubt about the effect of treatment.
- There is an unexplainable increase in pain, limitations in ROM or other unexplainable symptoms.
- If there is neurological involvement or suspicion of compartment syndrome.

The above list serves only as a general guide. if you have any ongoing concerns or need further information or guidance, please contact the HTC.

Contact of the HTC