

LIVING WITH HEMOPHILIA:

PRACTICAL TOOLS TO HELP MANAGE LIFE IN TODAY'S BUSY WORLD

Safer Exercise: Guidelines

Talk with doctor for exercise approval & prescription

Talk with physical therapist for:

- Individualized evaluation.
- Modification/adaptation of activities.
- Exercise/activity/sports recommendation.
- Splinting/bracing/protective gear.



Play SMART!

- Use factor when needed.
- Start conservatively.
- Wear good supportive shoes.
- Learn correct form for each exercise.
- Maintain proper posture and alignment.
- Get a good, certified, conservative coach or instructor.
- Learn the “Play Smart” rules for each sport.
- Stay with Low Risk/High Gain sports and fitness activities.
 - Categories 1 and 2.
- Build up to a sport through conditioning program.
- Pace yourself.
 - It takes up to 6 weeks to see results.
- Start slowly and make it fun.
- Listen to your body. If it hurts, don't do it!
- If you have a bleed, swelling or pain, don't do it!
- Use proper safety/protective gear.
- Try to have 30 minutes a day of activity.
 - 3 days/week for 20 minutes at a time
- Try to workout conservatively.
- Stretch gently and slowly after exercise.