

**Advice on injury prevention in Haemophilia for Children and Young Adults**

1. Complete the following stretching daily as well as before and after sport.

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Gastros stretch in standing

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**Aim**

To stretch your calf muscles or maintain range in your ankle.

**Instructions**

Position yourself standing with one leg in front of the other and your hands resting on a wall. Lunge forwards while keeping your back leg straight. Ensure that both feet point forwards and your back heel remains on the ground.

**Hold stretch for 30 seconds and repeat 3 times.**

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Hamstring stretch in standing using a wall and stool

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**Aim**

To stretch or maintain length in the muscles at the back of your thighs.

**Instructions**

Position yourself standing against a wall with one leg out straight in front of you on a stool. Lean forwards at your hips. Ensure that you keep your back straight. You should feel a stretch in the back of your thigh.

**Hold stretch for 30 seconds and repeat 3 times**

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Quadriceps stretch in standing

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**Aim**

To stretch or maintain range in your knee and hip.

**Instructions**

Position yourself standing with one knee bent. Hold onto the ankle of your bent knee and pull it towards your bottom. Ensure that your shoulders remain over your hips and your knees remain close together.

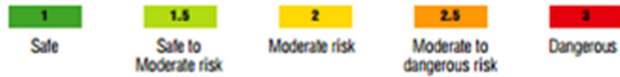
**Hold stretch for 30 seconds and repeat 3 times.**

2. Pace yourself particularly when completing a new physical activity e.g. with running start with running for short periods with intervals of walking between.
3. Have rest days where you are doing less physical activity.
4. If you are on prophylaxis do more of your physical activities on the days you take factor.
5. Listen to your body, if you are getting pain then stop.
6. If you are returning to physical activities following an injury speak to your physiotherapist for a plan for gradual return to sport.
7. Avoid contact sports such as rugby.
8. For younger children always ensure they are closely supervised on play equipment such as climbing frame.
9. When cycling or using a scooter ensure you have a well-fitting helmet.
10. If participating in a sport that uses protective wear ensure this is well fitting and is worn e.g. shin pads.
11. Always wear good supportive shoes. They should have a fastening such as Velcro or laces. The front of the shoe should be wider than the heel and the shoe should provide support around the heel. Ensure the shoe has sufficient grip on the bottom as a smooth sole can make it easier for slips to occur and your child to fall.

Below is a list of sports and activities that are listed from safe to dangerous:

**Table 5. Sports Ratings by Activity**

Activities have been divided into five ratings:



Activity	Category
Aerobics	2
Archery	1
Aquatics	1
Baseball	2.5
Basketball	2.5
Bicycling	1.5
BMX Racing	3
Bowling	2
Boxing	3
Canoeing	2.5
Cardiovascular Training Equipment	
Elliptical Machine	1
Rowing Machine	1.5
Ski machine	1.5
Stationary Bike	1
Stepper	2
Treadmill	1.5
Cheerleading	2.5
Circuit Training	1.5
Dance	2
Diving/Competitive	3
Diving/Recreational	2
Exercise Classes	
Body Sculpting	1.5
Cardio Kick-Boxing	2
PhysioBall	1.5
Spinning	1.5
Fishing	1
Football	3
Frisbee	1
Frisbee Golf	1.5
Ultimate Frisbee	2
Golf	1
Gymnastics	2.5
Hiking	1
Hockey (Field, Ice, Street)	3
Horseback Riding	2.5
Ice-Skating	2.5

Activity	Category
Inline Skating	2.5
Jet Skiing	2.5
Jumping Rope	2
Kayaking	2.5
Lacrosse	3
Martial Arts – Karate/ Kung Fu/Tae Kwon Do	2.5
Martial Arts/Tai Chi	1
Motorcycling/ Motor Cross Racing	3
Mountain Biking	2.5
Pilates	1.5
Power Lifting	3
Racquetball	2.5
River Rafting	2.5
Rock Climbing (Indoor/Challenge Course)	2
Rock Climbing (Natural Setting)	3
Rodeo	3
Roller-skating	2
Rowing/Crew	2
Rugby	3
Running and Jogging	2
Scooter (motorized)	3
Scooter (non-motorized)	2.5
Scuba Diving	2.5
Skateboarding	2.5
Skiing/Cross Country	2
Skiing/Downhill	2.5
Skiing/Telemark	2.5
Snorkeling	1
Snowboarding	2.5
Snowmobiling	3
Soccer	2.5
Softball	2.5
Surfing	2.5
Swimming	1
T-Ball	2
Tennis	2
Track and Field	2.5
Trampoline	3
Volleyball	2.5
Walking	1
Water-skiing	2.5
Weight Lifting/Resistance Training	1.5
Weight Lifting/Power Lifting	3
Wrestling	3
Yoga	2

If you require further advice or are concerned that you have any injury please feel free to contact your Children’s Haemophilia team to discuss with the Physiotherapist.