

How to help a joint bleed?

What a joint bleed may look like?

The joint may look swollen, feel hot and be painful especially when moved.

It might be more difficult to use or move that part of the body.

Some people have described a fizzing sensation or tightness in the joint.

For younger child who can't explain what they feel you may observe them avoiding weight bearing on the limb or avoiding using it.

What you can do to help?

P – Protect – Take your weight off the joint for a couple of days. For your ankle or knee you can use crutches if you have been provided with and taught how to use this in the past. No carrying with the affected arm.

R – Rest – Allow the joint and muscle to rest by taking the weight off and trying not to use it too much.

I – Ice – This can help reduce pain and swelling. Put an ice pack, wrapped in a tea towel, over the affected area for 20 minutes. Repeat every 2 hours. Do not leave on for longer than 2 hours, do more than every 2 hours or place the ice pack directly on your skin.

C – Compression – Elasticated bandages (like tubigrip) can help to reduce swelling.

E – Elevation – This can help to reduce swelling by moving blood away from the affected joint or muscle. Keep the affected joint or muscle above the level of your heart e.g. for foot and ankle lie on the sofa with your leg on some cushions or if it is an elbow or hand rest it along the back of the sofa.

Check your care plan to follow guidance on when to take additional factor or Tranexamic Acid

PRICE should be completed for 3-5 days until swelling and pain reduces.

After this stage when swelling has reduced and you can move the body part with minimal pain slowly introduce weight bearing and movement which is pain free. Slowly reintroduce your normal activities if pain free.

You should continue to follow your Haemophilia care plan and contact your department if you have any concerns.