

## Why you should participate

Reduce risk of developing other chronic conditions such as:

Obesity

Diabetes

Cardiovascular Disease

Osteoporosis

Strengthening muscles  
decreases stress on joints



Have fun!

Reduce incidence of feeling  
left out

## Helpful Resources

Hemophilia of NC, Morrisville  
www.hemophilia-nc.org  
919-319-0014  
info@hemophilia-nc.org

### Hemophilia Treatment Centers:

Chapel Hill  
UNC School of Medicine  
919-966-4736

Charlotte  
St. Jude Affiliate Clinic at  
Novant Health Hemby  
Children's Hospital  
704-384-1900

Greenville  
ECU Brody School of Medicine  
252-744-4676

Winston-Salem  
Wake Forest University Baptist  
Medical Center  
336-716-4324

## Being Active and Safe with a Bleeding Disorder



*Helpful tips for maximizing participation and minimizing your risk of injury*

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## Minimizing risk of injury

Schedule an appointment with a hematologist to discuss personal strategies for participating

Choose activities with less risk of injury (Google: "NHF Playing it Safe")



Plan scheduled injections around workouts/competitions

Always play with required protective equipment

Carry factor on you to all activities!

## Recognizing a bleed in your joint



- Tightness
- Swelling
- Heat
- Pain

## Treatment/Returning to activity

Treat as soon as you recognize a bleed, unless otherwise instructed by your hematologist

### Contact your hematologist!

Schedule an appointment so you can return ASAP



Want the joint to completely return to pre-injured condition

Be patient! Think about long term health