



Oxford University Hospitals
NHS Foundation Trust

Children's Haemophilia Service

Exercise advice

Information for parents and carers



The current NHS guidelines suggest that to maintain a basic level of health, children and young people aged 5 to 18 need to do:

- at least 60 minutes of physical activity every day. This should range from **moderate activity**, such as cycling and playground activities, to **vigorous activity**, such as running and tennis
- activities involving **exercises for strong muscles**, (such as push-ups) and exercises for strong bones (such as jumping and running) on three days a week.

**www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx*

What does this mean for a child with haemophilia?

Having haemophilia doesn't mean that your child can't take part in exercise - quite the opposite in fact! However, due to the risk of head injury we advise that children with haemophilia **do not take part in contact sports** (rugby and martial arts in particular).

- Haemophilia bleeds can occur in joints and muscles. Being fit and strong can help to prevent these bleeds, because joints that have full range of movement (and the strong muscles surrounding them) can be less likely to injure.
- At a young age it is a good idea to take part in a wide range of activities, as different sports have different benefits (strength, fitness, co-ordination, problem solving, fun!).
- As a haemophilia team we can offer advice/teaching to your child's school, so that they can take part in PE or school activities safely. We are able to visit their school to offer advice, if needed.
- Your child will see a physiotherapist regularly as part of their routine care from the Oxford Haemophilia Centre. The physiotherapist can advise on sporting activities and also set up an individual exercise programme, which can be done at home, depending on their strengths/weaknesses and bleeding history.
- There may be a need to tailor your child's treatment schedule so that they have factor cover on a sport day. This can all be planned when you come for their clinic appointments.
- If your child has experienced a joint or muscle bleed, they will see a physiotherapist for rehabilitation to get their strength and movement back.

How to contact us

If you have any further questions, please contact the Paediatric Haemophilia team.

Tel: **01865 226 562**

(9.00am to 5.00pm, Monday to Friday)

Email: **paediatric.haemophiliaclinic@ouh.nhs.uk**

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.

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