



Oxford University Hospitals
NHS Foundation Trust

Children's Haemophilia Service

PRICE advice after a joint or muscle bleed

Information for parents and carers



If your child has had a joint or muscle bleed, please follow the **PRICE** regime. This will help the area to recover fully and reduces the risk of re-bleeding. The physiotherapist can advise you on how long to do this for.

PRICE stands for **PROTECTION, REST, ICE, COMPRESSION, ELEVATION.**

PROTECTION

If needed, we will provide your child with some form of splint to help protect the affected area. This may be something that is specifically made in the plaster room for them, or we also have a variety of ready made splints.

Using a splint will protect the area from knocks and bumps and allow it to remain still, to help with the healing process.

REST

During the recovery of a bleed it is really important that the area is rested. To help with this, we can provide walking aids for lower limbs (elbow crutches/walking frames) and slings for upper limbs.

The aim is for your child to keep their weight off the affected area while the bleed is recovering. If needed, we may recommend that you borrow a wheelchair from your local Red Cross.

Depending on how severe the bleed is, and how easy it is for your child to the rest area, it may be necessary for them to have some time off school during their recovery. We are able to liaise with the school about this, if needed.

ICE

Using an ice pack/cool pack for 10 minutes several times throughout the day can help to reduce any swelling. It can also be helpful with the recovery of a visible bruise. Wrapping the ice pack in a tea towel will protect your child's skin (and stop them getting wet as it melts).

COMPRESSION

Using a compression bandage can help to encourage the swelling to reduce. However, these can be difficult to put on when you are trying to keep a joint still. These bandages can sometimes be more useful if some swelling remains when the bleed has been treated.

ELEVATION

Keeping the affected joint elevated (raised up on a footstool or in a sling) can also help to encourage the swelling to reduce.

How to contact us

If you have any further questions, or if you suspect your child has had a joint or muscle bleed, 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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