



Hemophilia Sports Checklist



Name: _____

Date: _____

If you or your child have hemophilia, exercise is an important part of managing your condition, to help keep bones and muscles strong and reduce bleeds. Exercise and sports are also good for overall health and can help with personal growth and self-esteem. With some planning and precautions, activity is healthy.



Sports Checklist

This checklist can help you and your child with your planning and decisions about sports and exercise.

- Schedule a **musculoskeletal examination** before beginning any sport or exercise. Only a physiotherapist who is trained in hemophilia care should conduct this assessment.
- Choose a sport that is **age-appropriate**. A sport that is fun and safe at a young age (for example, soccer or basketball) may become more dangerous as you age since players are bigger and stronger, and the game becomes more competitive.
- Choose a sport based on:
 - The **risks** a sport poses
 - The **severity** of hemophilia
 - **Past bleeding history** and the condition of your or your child's joints
 - The physical, social, and psychological **benefits** the sport offers
 - Required **protective equipment**
 - The level of **supervision**
 - The **desire to play**

Potential risk couple with **disease severity** (and therefore the potential for bleeding) are together the MOST important factors to consider.

Visit www.EmbraceLife.ca to download the **Hemophilia Active Living Questionnaire** for a list of sports, ranked by their risk level.

- For children, make sure the sport is **supervised** if you won't be there, and that the coach or supervisor is informed of your child's condition. Pediatric patients may wear helmets or joint pads as an extra precaution, even if they are not normally worn for that sport/activity. See EmbraceLife.ca for more information about what to tell coaches and other caregivers.



Other Sports Tips:

- Consider a **conditioning program** to strengthen muscles and improve flexibility before beginning a sport. This will help reduce injuries. A physiotherapist trained in hemophilia care should supervise the design, monitoring, and progress of the conditioning program.
- Many local gyms and centres offer fitness training and exercise programs, but note that these services may **not be appropriate** for someone with severe hemophilia. Consult your physiotherapist trained in hemophilia care.
- **Eat healthy foods** and **drink water** to avoid playing a sport while hungry or dehydrated.
- Avoid **overexertion** and don't play while **hurt** or **tired**. Allow enough time to heal before resuming a sport after a bleed.
- Avoid playing in extremely hot or extremely cold **weather**.
- **Warm up and cool down** for 5 or 10 minutes with some stretching and light activity before and after playing.
- **Timing** is important. Try to time sports after prophylactic infusions so that factor levels are at their peak.
- Get **help** at your HTC right away for any injury while playing a sport. Know the early signs of a bleed.
- A **MedicAlert®** and **Factor First Card** can help ensure an accurate response in an **emergency**. Make sure the coach or supervisor knows about your hemophilia and has the emergency contact information in case of injury.



For other **Hemophilia Management Guides** visit www.EmbraceLife.ca, or:

- Visit the Canadian Hemophilia Society at: www.hemophilia.ca or call 1-800-668-2686
- For MedicAlert® information and ordering, visit www.medicalert.ca or call 1-800-668-1507

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H9J 2M5
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