Haemophilia and Sports

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Why Should Children Exercise?

- For a healthy heart
- Build and keep healthy bones, muscles, and joints
- Improved coordination and balance
- Reduced risk of obesity
- Sleep better at night
- Feel better about themselves/less stressed
- Improved social skills
- Develop personal skills, including cooperation and leadership.
Why Should Children Exercise?

- Decreases risk of developing:
  - Osteoporosis
  - High blood pressure
  - Heart disease
  - Stroke
  - Diabetes
How Much Exercise?

- Currently recommended that all children need 60 minutes of moderate intensity exercise every day
- Can be 3 x 20mins, 2 x 30mins etc
- Moderate – raised heart rate + a little out of breath
What type of exercise?

- Enjoyable - try different activities to see what he/she likes
- Varied – ensure lots of choice of activities
- In company – more enjoyable to do exercise/activity with family/friends
- Best activity is whichever one your child enjoys!
Irish Children

- ESRI study (2005)
- Boys spend more time in sport than girls
- Decline in sport’s participation as move through secondary school
- 40% spent 2-3 hrs per day watching TV
- Parents participation in sport +ve influence
- Obesity ~ 1/5 secondary students
How can your child be more active?

- Lead by example - be physically active yourself.
- Make family outings active where possible.
- Use stairs instead of lifts/escalators
- Encourage your child to walk or cycle for short trips
- Support your child’s efforts in sport.
How can your child be more active?

- Set time limits on sedentary activities like computer games and television.
- Encourage lots of free play time outside.
- Get off the bus 2 stops early.
- Skipping, hopping, jumping and dancing all count as exercise.
- Housework – good exercise!
Sports and Haemophilia

- All of the above benefits
- Studies have shown decreased bleeding episodes in sporty kids
- Over-protected kids, less active – more bleeds
- Adequate preparation is key
- Inform yourself of risks of each sport
Sports and Haemophilia

- Mild/moderates – may be slower to identify a bleed
- Usually due to specific trauma eg. Fall, tackle etc
- Important that know what to look for and seek treatment early from the Haemophilia Centre
Risk of Bleed

- Individual factors:
  - How fit/ strong/ well conditioned they are for the particular sport
  - Previous injuries/ joint bleeds/ target joints
  - Full rehab prior to return to sport
  - Player’s skill level
Risk of Bleed

- External factors:
  - Playing surface
  - Nature of contact (if any)
  - Use of appropriate protective equipment
  - Rules of the game
  - Position player competes in
Preparing for a sport

- Discuss chosen sport with Centre
- Gradual increase in activity
- Sports specific training
- Appropriate muscle strength + flexibility
- Good standard of coaching + supervision
- Appropriate skill level
Survey of Sports in Irish Haemophilia Patients

- 50.8% play sport
  - Half at competitive level
- 9 more attend a gym regularly
  - = 66% total
- Compares well with:
  - Germany @ 66.7% (Fromme et al, 2007)
  - Netherlands @ 71% (Heijnen et al, 2000)
Results - Sports

23%

13%

18%

10%
Results - Sports

- 55% reported bleeds due to sport;
  - 1 had 1 or more per week
  - 5 had 1 bleed per month
  - 2 had 1 bleed every 3 months
  - 7 of these 8 had severe haemophilia

- 9 play hurling, soccer or GAA - “High risk”
- 6 play golf - “Low risk”

- 68% never take factor before sport, including 6 with severe haemophilia
Results - Sports

- ~1/3 reported a significant sport’s injury
  - 12 joint injury/bleed
  - 6 muscle bleeds
  - 3 upper limb fractures
  - Others not described
- 74% of these play(ed) soccer/Gaelic/hurling
- 48% reported never had a significant injury
Sports Injury

- Gaelic Football injuries
  Match : Training
    2 : 1

- Ankle joint sprains, quads contusion, hamstring strain

- Contact vs non-contact
  - Tackling 27.8%
  - Sprinting 14.4%, Turning 13.3% = 27.7%
Results

- Negative experiences (61%):
  - Bleeds - Pain
  - Joint damage

- Positive Experiences (74%):
  - Mental health/well-being
  - Fitness/general health
  - Enjoyable/social outlet/improve joint mobility