

PHYSIOTHERAPY AND THE HAEMOPHILIA "OLD BOYS"



Ethelwyn Remmers
South Africa



WHY PHYSIOTHERAPY ?

Adjunct therapy for

decreased joint mobility

decreased muscle elasticity

pain relief

PHYSIOTHERAPY MODALITIES

- Heat and cold
- Hydrotherapy
- Certain electrotherapy modalities
- Exercise

- Heat or ice

 - Mobilising exercise

- Hydrotherapy

 - Stretching exercises

- Shortwave diathermy

 - Strengthening exercise

- Ultrasound

 - Proprioception exercise

- Interferential

 - Balancing exercises

Osteoarthritis

Haemophilia Arthropathy

South Africa - land of contrasts







Justice Maboa

a case study

January 2008

Childhood

- Knee bleed
flexion contracture
- Eye loss
- Several other bleeds

Diagnosis !!!

1997

Haemophilia Clinic - Pretoria

- Bleeds
- Chest infections
- Gastric and Kidney problems
- Skin conditions

2007

- March – iliopsoas bleed
- June – (R) shoulder, elbow, wrist and (L) knee bleed
- July – patella # , compartment syndrome of the lower leg
- November – elbow bleed

PHYSIOTHERAPY TREATMENT

*Physical Therapy Interventions
for Patients With Osteoarthritis
of the Knee: An Overview of
Systematic Reviews*

by Gro Jamtvedt et al
from Sweden

23 reviews

10 modalities and interventions

educational

manual

electrical

- Exercise
- Weight reduction
- Massage
- Pulsed electromagnetic energy
- Transcutaneous electrical nerve stimulation
- Low-level laser therapy
- Ultrasound
- Acupuncture
- Education

PAIN REDUCTION and improved MOBILITY

- High effect
 - exercise and weight reduction
- Moderate effect
- Low effect
 - massage, ultrasound and electrical stimulation

RANGE of MOVEMENT

- Knees – (L) 40°
(R) 20°
- Elbows – (L) 60° flexion - $130^{\circ} = 70^{\circ}$
(R) $40^{\circ} - 110^{\circ} = 70^{\circ}$
- Wrists – (L) 80°
(R) 15°

MUSCLE STRENGTH

REDUCED

Legs > Arms



Taxi ride

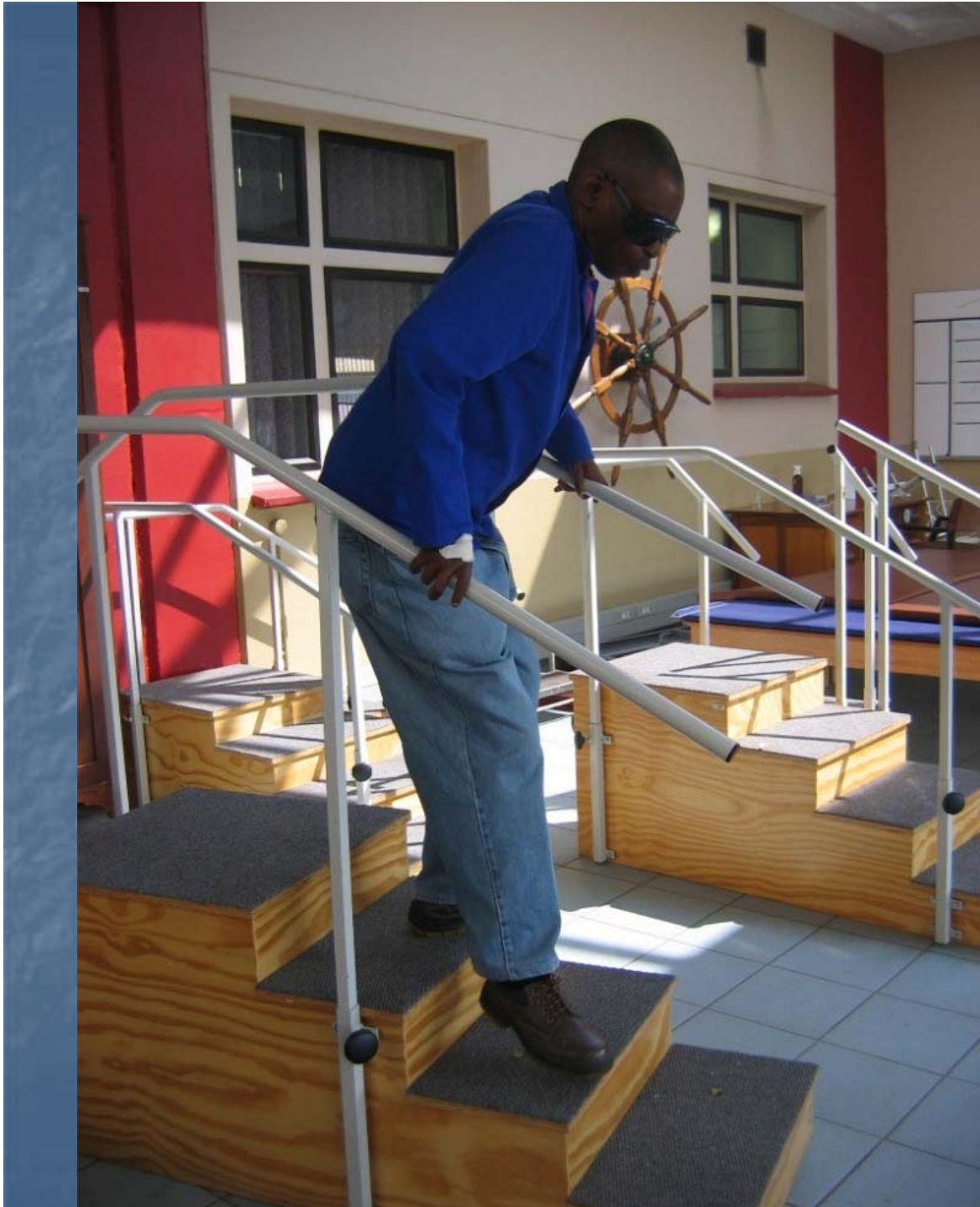




Walking



Undoing
shoe
laces



doing the
stairs



Cycling



Cycling



Balancing



Balancing



Hip abduction

PLAN FORWARD

Hour exercise session monthly - prior to clinic

6 monthly re assessment

Add or adapt current exercises





Thank you