

# How Does Physiotherapy Help My Haemophilia?

**This leaflet explains what to expect from the haemophilia physiotherapy service at St George's. If you have any further questions, please speak to a member of staff caring for you.**

**Physiotherapists are specially trained to assess, treat and educate patients with musculoskeletal disorders. Each patient seen by the physiotherapist will have different needs and will be assessed and given a tailored treatment program.**

## Who works in the Adult Physiotherapy Team?

The specialised haemophilia physiotherapists are Clare Richards and Jennifer Rees.

## When will I be seen?

- You will be seen alongside your consultant and specialist nurse during your clinic appointment as required depending on your individual need.
- Moderate and Severe Haemophilia A and B patients will be seen at least once a year to complete a joint score assessment which helps us to monitor your joint health.
- If you have a new muscle or joint pain or injury, please contact the Haemophilia team. We can see you as an outpatient in the physiotherapy department.
- If you have a joint bleed. Please urgently contact the Haemophilia team.

## What can a physiotherapist do to Help You?

- Physiotherapy treatment is paramount in helping individuals prevent, manage and achieve optimal recovery from bleeds. We have a fully equipped gymnasium and hydrotherapy pool.
- The physiotherapist can provide an individualised assessment and treatment program to help you return to full function and sport. This is supported by our physiotherapy exercise app – PHYSITRACK.
- We can provide you with treatment and advice during and following an acute bleeding episode.
- We can refer you for diagnostic investigations.
- We can refer you to other services, for example pain service, orthotics or for an orthopaedic opinion.
- We can advise you about which sports and activities are recommended for patients with haemophilia to help maintain and improve long term health of your joints.
- We can provide and direct you to useful resources.

## Where will I be seen?

Depending on where you live, you can be seen at St. George's Hospital or if you prefer we can refer you to your local physiotherapy department.

## Contact us

You can contact the physiotherapists by contacting the Haemophilia team on 020 8725 0763 during working hours.

We can be also be contacted directly at: [haemophiliaphysio@stgeorges.nhs.uk](mailto:haemophiliaphysio@stgeorges.nhs.uk)

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health. **Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. **Tel:** 111

### AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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