

Paediatric Haemophilia Service

Physiotherapy and Haemophilia for Paediatric Patients

This leaflet explains what to expect from the paediatric haemophilia physiotherapy service at St George's. If you have any further questions, please speak to a doctor or nurse 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 Paediatric Physiotherapy Team?

The specialised haemophilia physiotherapists are Clare Whistler and other physiotherapy colleagues.

When will I be seen?

- During your clinic appointment, you will be seen by the consultant, specialist nurse and physiotherapist as required, depending on your individual need.
- Moderate and Severe Haemophilia A and B patients over the age of four years old will be seen every 6 to 12 months to complete a joint score which helps us monitor your joint health.
- If you have a new muscle or joint pain or injury, please contact the Haemophilia team. You can be seen as an outpatient in the physiotherapy department. We are also happy to support any additional musculoskeletal complaints that may arise as you grow and stay active.

- If you have a joint bleed, please urgently contact the Haemophilia team and specialist nurse – Antoinette Brown or Charlotte Beeton, so that we can see you as an outpatient in the physiotherapy department.

What can a physiotherapist do to help you?

- Physiotherapy treatment is important in helping individuals to prevent, manage, and best recover from bleeds.
- The physiotherapist can provide an individualised assessment and treatment program to help you return to full function and sport.
- We can provide you with treatment and advice during and following an acute bleeding episode.
- If it is appropriate, we can refer you for investigations or we can refer to other services such as orthotics.
- 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 sign post you to useful resources.

Where will I be seen?

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

Contact us

You can contact physiotherapy by contacting the Haemophilia team on their direct number 020 8725 0763 or via the clinical specialist nurse on 07771 594704 / 07393 249628 and bleep 5003 who will then contact the physiotherapist during working hours.

Useful sources of information

[Physiopedia - Haemophilia - Physiopedia \(physio-pedia.com\)](https://www.physio-pedia.com)

[The Haemophilia Society - Access to Physiotherapy | The Haemophilia Society](#)

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough wings.

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS UK

The NHS provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your

health.

Web: 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 our services by searching 'St George's Hospital' on the AccessAble website (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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