

# HEMARE

## Exercise Do's and Don'ts

**FOR PEOPLE WITH BLEEDING DISORDERS**, regular physical activity is a key part of a healthy lifestyle.

Regular exercise not only helps one maintain a healthy weight and cut the risk of chronic diseases such as heart disease and diabetes, but it also strengthens muscles around the joints, which helps prevent injuries that could lead to bleeds. But safety is important! Follow these exercise do's and don'ts.



### Get evaluated

A physical therapist can identify and address muscular imbalances related to your chosen activity so you can more safely participate.



### Join a group

Exercising in a group is fun and can help motivate you to stick to a regular fitness regimen. Make exercise a family affair as much as possible.



### Go too hard

The "no pain, no gain" approach could lead to injury. Be patient and set realistic goals.



### Forget to warm up

Five to 10 minutes of light activity before a workout slowly increases heart rate and preps muscles to perform, helping to prevent injuries.



### Ignore bleeds

Exercising a muscle or joint that's experiencing a bleed could lead to longer-term injuries. Exercise other areas of the body instead. Elbow giving you trouble? Work on core strength or aerobic endurance.



### Select an appropriate sport or activity

Consider your age and abilities. As you age, activities that are easier on the joints, like swimming, yoga and tai chi, may be better.



### Have a factor plan

Discuss with your medical team if a change in your infusion schedule is appropriate given your activity, or if prophylactic factor replacement is recommended to minimize your risk of bleeding.



### Exercise daily

Work up to exercising at least 30 minutes a day, five days a week at moderate intensity.

# Do's



# Don't's



### Return from injury without consulting your PT

Improper recovery could lead to long-term or permanent joint and tissue damage. Talk with your treatment team to determine when you can resume certain physical activities.



### Focus only on sports or organized workouts

Be physically active in your daily life: Take the dog for longer walks, skip the elevator and take the stairs at work.