

Joint and Muscle Health

This handout reviews:

- Common signs and symptoms of joint and muscle bleeds
- How to use P.R.I.C.E. to treat a bleed
- Activity and sport recommendations
- When to call physical therapy

Signs and symptoms of joint and muscle bleeds:

- Pain
- Difficulty moving the involved area
- Swelling over the involved area
- Warmth over the involved area
- Difficulty walking or standing
- Bruising or redness

To treat a bleed, infuse with factor as recommended by the doctor and use P.R.I.C.E.:

P: Protection (like slings or crutches)

R: Rest

I: Ice or cold to the area to help with pain

C: Compression (wrap the area with an elastic bandage)

E: Elevation (raise the area higher than your heart)

Even a minor injury (like twisting an ankle, pulling a muscle, or being hit in a muscle) can cause a joint or muscle bleed.

Physical activity helps keep joints and muscles healthy.

- Staying active keeps your muscles strong, which helps support your joints. The CDC recommends:
 - ◆ Kids: 60 minutes (1 hour) of activity every day
 - ◆ Adults: 150 minutes (2 and a half hours) of physical activity each week
- Use a bicycle helmet or other sports safety equipment to protect yourself from injury.
- Avoid contact sports and activities (like football or hockey).
- When choosing an activity or sport, think about your joint health. The physical therapists can help you choose safe activities.
 - ◆ You can also use National Bleeding Disorders Foundation's:
 - ◆ *Playing It Safe* Booklet for safe sport and activity ideas.

Contact physical therapy if you have:

- Concerns about your joints or muscles or your ability to move
- Questions about sports, work, or activities

