

**HAPPY
1/2 HOUR**

with an expert in haemophilia care!

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“Physiotherapy for people with inhibitors”

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EXERCISE AND COMPLIANCE to physiotherapy



What is your best practice to motivate patients to do physical therapy?

That is a problem in itself. Some doctors and colleagues ask patients with haemophilia to do their exercises in a frequent way. And exercise means “a most classical way” (exercises in a sitting or lying position. But they do not mention a timeframe, so do you have to do it forever? This is not working in daily life situations, and the non-compliance will be sky-high.

So, **I always say to my patients to look first at what they can do themselves, so in a functional way.** If you do so, you embed exercise in your daily routine, your daily life and then it is not like boring classical exercises. As a consequence, you have to be aware of what you are doing, which makes a **consultation with a specialist physiotherapist necessary!**

Concentric

Eccentric



For example, if you want to exercise the strength of your knee, you can use sitting down in a chair to do your exercise- sitting down slowly will ask more activity from your muscle. The same with the stairs – if you come down slowly, you ask much

more strength from your quadriceps. We call it eccentric exercise. Normally, we use more concentric contraction during our activities.

The concentric exercise is a contraction that shortens a muscle, while eccentric exercise is a contraction that lengthens the muscle. Eccentric contraction takes more muscle strength. (See the picture of the left.)

We can always send the patients to physiotherapy, but with more functional exercise in a daily life setting keeps them away from regular physiotherapy.

How slow should the movement be?

The slowness of the movement is actually related to the severity of the exercise. **The slower you do the movement, the more severe is the exercise.** The more strength is taken from your muscle, for a longer time. **If you just fall into your chair, you actually do nothing with your muscles.**

The only restriction is, if you have a lot of pain in the knee, then this exercise is not good for you.

You could use books instead of stairs.

You can pile up 2-3 books and stand on them with the other (ipsilateral) leg. Then slowly put the tip of the toe to the floor, flexing the other knee. And then back up again. You can adapt all of those exercises.



The speed should be the half the speed of the normal speed.

$v = 1/2$ of the normal speed

Because also – if it is too slow, you have too much pressure on your joint.

Do you think group exercises have merits?

Yes! One of the secrets to avoid non-compliance is to do exercises in a group. In a group you have more the idea of doing things together, instead of boring exercises. **A group in the water (hydrotherapy) it is even better, because both are very good practices and can change boring exercises into a more acceptable experience.** With the hydrotherapy group that I work with in the Van Creveldkliniek we exercise 30 minutes (general), more like fitness – for the abdomen and spine, arms and legs, walking exercises. And the second half an hour we play a game, based on catching and throwing the ball.

So both, water and a group, are secrets to fight non-compliance, it is less boring. Actually, we always have fun!

