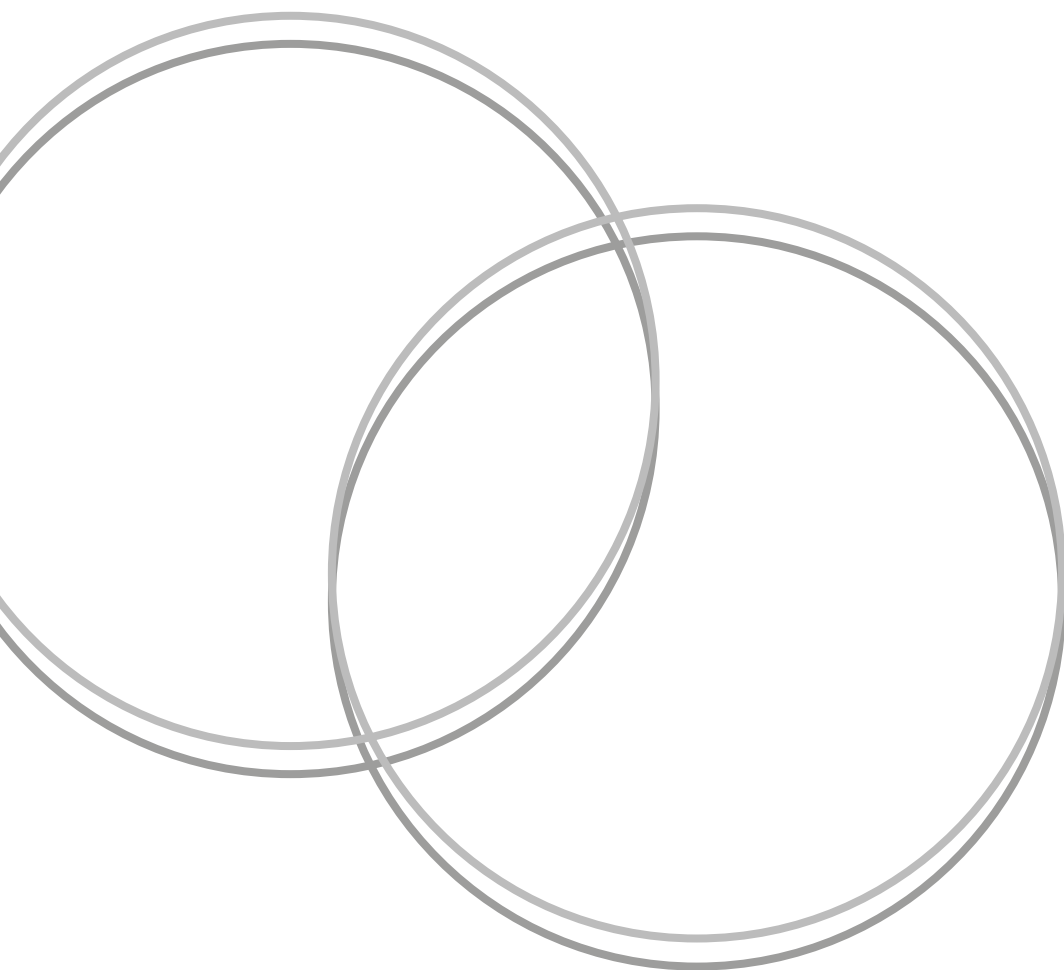




Oxford University Hospitals  
NHS Foundation Trust

# Exercise advice

Information for parents and carers



Paediatric Haemostasis Unit

## **The current NHS guidance on physical activity suggests that:**

**Children and young people need to do 2 types of physical activity each week:**

- Aerobic exercise.
- Exercises to strengthen their muscles and bones.

**Children and young people aged 5 to 18 should:**

- Aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day across the week.
- Take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones.
- Reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day.

For further information visit the following website:

[www.nhs.uk/live-well/exercise/exercise-guidelines/physical-activity-guidelines-children-and-young-people](http://www.nhs.uk/live-well/exercise/exercise-guidelines/physical-activity-guidelines-children-and-young-people)

## **What does this mean for a child with an inherited bleeding disorder?**

Having an inherited bleeding disorder doesn't mean that your child can't take part in exercise – quite the opposite in fact! However, due to the risk of head injury we advise that children with an inherited bleeding disorder do not take part in contact sports (rugby and martial arts in particular).

- Bleeds can occur in joints and muscles. Being fit and strong can help to prevent these bleeds, because joints that have full range of movement (and the strong muscles surrounding them) can be less likely to injure.
- At a young age it is a good idea to take part in a wide range of activities, as different sports have different benefits (strength, fitness, co-ordination, problem solving, fun!).

- As a haemostasis team we can offer advice/teaching to your child's school, so that they can take part in PE or school activities safely. We are able to visit their school to offer advice, if needed.
- Your child will see a physiotherapist regularly as part of their routine care from the Oxford Paediatric Haemostasis Unit. The physiotherapist can advise on sporting activities and also set up an individual exercise programme, which can be done at home, depending on their strengths/weaknesses and bleeding history.
- There may be a need to tailor your child's treatment schedule so that they have factor cover on a sport day. This can all be planned when you come for their clinic appointments.
- If your child has experienced a joint or muscle bleed, they will see a physiotherapist for rehabilitation to get their strength and movement back.

## **How to contact us**

If you have any further questions, or if you suspect your child has had a joint or muscle bleed, please contact the haemostasis team.

Telephone: **01865 226 562**  
(9.00am to 5.00pm, Monday to Friday)

Email: [paediatric.haemophiliaclinic@ouh.nhs.uk](mailto:paediatric.haemophiliaclinic@ouh.nhs.uk)

## **How to give feedback about my experience?**

We would like to hear about your experience. Please ask for a paper survey to be filled in or respond to the feedback text message.

## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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June 2024  
Review: June 2027  
Oxford University Hospitals NHS Foundation Trust  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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