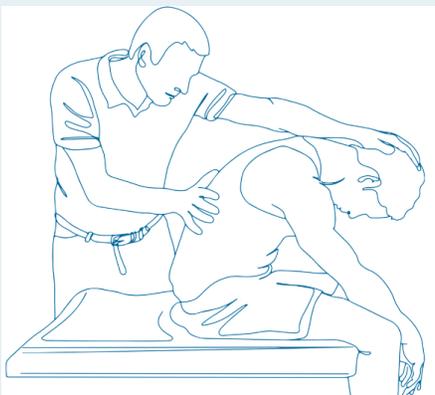


## Physiotherapy - What we do

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Physiotherapy aim to maximise quality of life and movement potential within the domains of promotion, prevention, treatment/intervention and rehabilitation.



## Physiotherapy Team

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There is a full-time physiotherapist, providing a dedicated service to people with a bleeding disorder attending the NCC.

If you want to arrange a physiotherapy assessment there are a few ways you can go about this.

1. Contact Mark McGowan directly in the physiotherapy department (01 4162503), on bleep #774 or via the National Coagulation Centre (01 4162142)
2. Ask one of the doctors or nurses in the NCC about referring you to physiotherapy during a clinic visit
3. If you attend the NCC for an annual review you will usually have your physiotherapy review on the same day

## Physiotherapy and Bleeding Disorders

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## A Guide to Physiotherapy Services at National Coagulation Centre (NCC)

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## Introduction

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Bleeding disorder care is entering a new era of potentially life-changing treatments which offer a future of minimal or no bleeds for people with haemophilia. As such, the role of the physiotherapist is evolving beyond their traditional role of treating and rehabilitating people with bleeding disorders following bleeding episodes. This will include promoting health and wellbeing.

Encouraging and supporting people with all bleeding disorders to become more physically active and improve their wellbeing is becoming central to the physiotherapists' role.

Physiotherapy is an important part of the comprehensive care for the people with bleeding disorders, working closely with the rest of the Multi-disciplinary team

## Role of the physiotherapist in the NCC

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The physiotherapist's role in your care may include:

- Educating you about your bleeding disorder and the role of physiotherapy in managing your condition.
- Assessing and managing a bleed episode
- Making sure that any symptoms are not caused by other bone or muscle conditions
- Managing any bleeding episodes including synovitis (swelling of the lining of the joint) and joint arthropathy (arthritis in the joints)
- Assessing and treating non-bleed-related musculoskeletal issues
- Working with young adults transferring to adult services
- Planning and providing inpatient and outpatient rehabilitation following orthopaedic surgery
- Assessing and managing any person admitted to St James's who has a bleeding disorder diagnosis
- Supporting and encouraging higher levels of physical activity
- Managing comorbidities and falls risk
- Longer term follow up of musculoskeletal health in people with bleeding disorders including annual reviews and outcome measurement
- Coordinating the orthopaedic clinic in the NCC and working with the orthopaedic team to maximise the potential of people with bleeding disorders

## Orthopaedic Service

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- An orthopaedic clinic for patients of the NCC is held on the 3rd Wednesday of each month in the NCC.
- You will be seen by an orthopaedic consultant and physiotherapist together. You may also be reviewed by your haematology consultant in the clinic.
- Appointments with other specialist orthopaedic consultants at their general orthopaedic clinics may be arranged depending on the nature of your complaint.
- You may be referred for assessment of persistent musculoskeletal pain.
- At the clinic you will have a chance to discuss any muscle or joint problems that you may have and agree on a management plan.
- You can be referred to the orthopaedic clinic by a member of the NCC multidisciplinary team, your haematologist at another comprehensive care centre you may attend, an orthopaedic consultant outside of St James's Hospital or your general practitioner (GP)