

# **KINETHO-PHYSIOTHERAPY – A KEY ISSUE IN THE COMPREHENSIVE CARE OF HAEMOPHILIA**

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**Introduction.** Despite the advances in the treatment of hemophilia, the musculo-skeletal problems are still very common and severe. In countries, with poor, inadequate substitutive therapy the majority of persons with hemophilia experience muscle and joint bleedings and

damages. Physiotherapy is particularly important in the prevention of fixed joint contracture; at the same time it is necessary in the postoperative period of orthopedic surgery. So, it becomes a key issue in the comprehensive care of persons with hemophilia(PwH).

**Patients and method.** The present study is referring to a number of 252 PwH with the age ranging between 2-43 years all of them with joint and muscle disability.They were included into a complex rehabilitation program performed ,under prophylactic substitution with F VIII or IX ,consisting of physio- and kynetotherapy performed in our center. Joint physical score, muscular score and range of motion were assessed before and after physical treatment.

**Results.** It was evident the significant improvement of joint score ( $18,62 \pm 3,04$  to  $16,02 \pm 2,1$ ) ,muscular score ( $3,29 \pm 1,1$  to  $2,7,9 \pm 0,9$ ) and of range of motion ( $64,7 \pm 4,31$  to  $67,9 \pm 4,78$ ) ( $p = 0,1, 0,09$  and  $< 0,001$  respectively). They have been reflected favorably on the loco-motor performances.

**Conclusions.** The importance of physiotherapy,of daily physical exercise cannot be over-emphasized. The loco-motor rehabilitation , a long-lasting process started and reiterated in our center and maintained at home, is a highly beneficial therapy.