

LIBERATE
LIFE

●
supporting your
partner's
joint health

Quick tips on helping your partner maintain and improve their joint health

No matter how small or large you feel your role is, **it's important in helping your partner keep on top of their joint health.** Early support can help them safeguard against joint problems further down the line^{1,2} – so they can keep up what they enjoy most!

What helps

Why it helps

How you can offer support



Prophylactic therapy

Helps prevent joint bleeds from happening^{2,3}

Jog their memory

Help your partner out by reminding them about their treatment



Physiotherapy

Helps maintain and restore joint function as well as manage pain^{1,4,5}

Get the most out of physio

Remind them of any at-home physio exercises they've been taught – perhaps even do them together!



Exercise

Helps build strength in joints and muscles^{6,7}

Make exercise a shared activity

Join your partner for exercise, no matter how light – help them ease into an activity that they enjoy at their own pace



Emotional support

Helps cope with emotional challenges and any negative feelings^{8,9}

Be a listening ear

Have open and honest conversations about how your partner is feeling. Ask them for ways you can help



Surgery

Can have long-term benefits for more complicated joint problems^{1,10}

Share the road to recovery

Support your partner through the recovery period and with their rehabilitation

Remember, you're in this together! Haemophilia doesn't define your partner or your relationship. Focus on the things you can enjoy together as a couple and be each other's biggest supporters! You can always encourage them to reach out to their haemophilia team for support and referrals.

This factsheet has been co-created by healthcare professionals and people with haemophilia.

Any medical information is for informational purposes only and is not a replacement for advice given by a physician or other medical professionals.

If you are interested in learning more about how to help your partner live well with haemophilia, take a look at the following materials:

Pain management <add URL>

Haemophilia and mental health <add URL>

References: 1. Knobe K and Berntop E. *J Comorb.* 2011;1:51–59. 2. van Vulpen LFD, Holstein K and Martinoli C. *Haemophilia.* 2018;24 Suppl 6:44–49. 3. WFH. Guidelines for the management of hemophilia – 2nd edition (accessed March 2020). 4. Auerswald G, et al. *Blood Coagul Fibrinolysis.* 2016;7(8):845–854. 5. NHS. Physiotherapy (accessed March 2020). 6. Steps for living. Benefits of sports and fitness (accessed March 2020). 7. WFH. Exercises for people with hemophilia (accessed March 2020). 8. WFH. Psychosocial care for people with haemophilia (accessed March 2020). 9. Haemophilia Wales. What is a psychologist doing in the haemophilia centre? (accessed March 2020). 10. Rizzo AR, et al. *Clin Cases Miner Bone Metab.* 2017;14(2):197–199.



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