**HEMOPHILIA TREATMENT CENTER PHYSICAL THERAPY EVALUATION**

The physical therapy evaluation is a vital part of the comprehensive evaluation of a person with a bleeding disorder, and is aimed at identifying musculoskeletal limitations and vulnerabilities which impact function and quality of life.

Subjective interview and history:

1. Factor regimen and bleed history
2. Medical and surgical history
3. Pain history and treatment
4. Patient concerns and complaints
5. Social history: family, school or work
6. ADL concerns
7. Participation in physical activity: exercise, sports, PE, recreation
8. Current equipment
9. Orthopedic issues
10. Educational needs

Recommended elements:

1. Palpation of joints: at rest and during AROM note abnormalities such as

Synovitis, crepitus, swelling, temperature

1. ROM: Document Passive ROM and atypical end feel for the following joints in preferred testing positions:

Shoulder = Flexion

Elbow = Flexion, extension, pronation, supination

Hip = Flexion, extension.

Knee = Flexion, extension

Ankle = Dorsiflexion, plantar flexion

1. Strength: MMT or functional strength for above mentioned ROM measurements
2. Posture and alignment: Standing (preferably) or sitting
3. Balance and fall assessment
4. Observational gait analysis
5. Functional activities

Additional elements to be included at PT’s discretion:

1. Girth Measurements: note atrophy or swelling

2. Muscle flexibility

3. HJHS

4. Leg Length

5. Sensation

6. Proprioception

7. Special tests: orthopedic, developmental, neuromotor

8. Musculoskeletal Ultrasound Imaging

9. Other

Interventions and recommendations:

Patient education

Pain management

Activities recommendations

Equipment management

Orthotics, braces

Individualized exercise programs

Sports recommendations

PT referrals

Interdisciplinary collaboration

Gait training