



Hemophilia Treatment Center Physical Therapy Collaborative

## LET'S GET PHYSICAL (THERAPY)

After a Bleed, ask yourself these questions:

1. How did this happen?
  - a. What decision(s) led here?
  - b. What may have caused this bleed?
  - c. How do we prevent this from happening again?
  - d. What can be done to make the activity safer?
  
2. How do I want to feel in a week? A month? A year?
  - a. What do I want to be doing?
  - b. What are my long- and short-term goals?
  - c. How can I change my lifestyle to take care of my body?
    1. I will avoid....
    2. I will do more ....
  
3. How do I want to experience the world?
  - a. What types of activities or interests do I want to explore?
  - b. What is at least one new activity that I can try?
  - c. How can I make this/these activity(ies) safe for my joints?
  
4. How do I want support from my Physical Therapist?
  - a. Constant or just check-ins?
  - b. Electronic or in person?
  - c. PT initiated or I initiate?

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