Combined Rehabilitative and Prophylactic Haematologic Treatment of Haemarthrosis in Haemophilia A

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45 patients affected with severe haemophilia A underwent a home-care rehabilitative and prophylactic haematologic treatment during 15 months. Our aim was to achieve global musculo-skeletal rehabilitation while maintaining a minimum preestablished haemostatic level with factor VIII prophylaxis. The haematologic treatment is administered every 3 weeks, the rehabilitative treatment every 3 weeks and daily.

Scheme

Atrophied muscle tonification – Factor VIII, 25/25/30 U/kg (1 month).

Initiate atrophied muscle correction -Factor VIII, 25/25/30 U/kg (2 months).

Atrophied muscle correction – Factor VIII, 18/18/25 U/kg (3 months); factor VIII, 12/12/18 U/kg (3 months).

(4) Maintenance therapy when musculo-skeletal improvements have been achieved – factor VIII, 8/8/12 U/kg (3 months); factor VIII, 4/4/8 U/kg (3 months).

(5) Maintenance of rehabilitation therapy, interruption of factor VIII replacement.

(1) A 93% reduction of joint bleeding was observed between the 4th period of the protocol and a comparable period prior to prophylactic treatment.

(2) Complete healing of synovitis in young patients.

Setting of realistic standards of surgical treatment to achieve musculo-skeletal corrections with physiotherapy. When the range of motion of the knee is increased, femoral-patellar pathology is obviously considerably reduced in comparison with the preceding period of treatment.

During the last phase, factor VIII replacement is considerably reduced in comparison with the preceding period.

Partial results with patients in phase 5, without factor VIII protection and musculo-skeletal rehabilitation are also presented.