



HAE- MOTION

Information brochure:

Training course for physiotherapists
specialized in hemophilia care

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BACKGROUND INFORMATION

Approximately 70–80% of bleeding episodes in haemophiliacs affect the joints¹. This is why specific physiotherapy and rehabilitation techniques, such as exercise programs to facilitate recovery from muscle or joint bleedings, form a vital component of haemophilia management². Physiotherapy is specifically aimed at reducing pain and increasing function, while enhancing muscle strength and balance^{3,4}. Rehabilitation concerns a wide spectrum of haemophiliacs, from young boys with limited joint damage to older sufferers with severe joint arthropathy who were not offered prophylaxis during childhood.

Orthopedic Manual Therapy (OMT), a specialized area of physiotherapy, has been designed to treat neuromusculoskeletal conditions. It is based on clinical reasoning, in addition to any available scientific and clinical evidence, along with the biopsychosocial framework of each individual patient^{5,6}.

At present, various forms of OMT are used to treat osteoarthritis, and there is growing evidence that these techniques are also appropriate for haemophilia patients⁷. To this end, manual therapists employ 'hands-on' passive techniques like articular mobilization, soft tissue techniques, or positional release, in addition to active-passive techniques like mobilization with movement⁸.

FURTHER INFORMATION

Audience

Physiotherapists with an interest in haemophilia care, pre-existing experience in this field being mandatory.

Number of participants

In order for us to effectively monitor the trainees during practice sessions, the number of participants is limited to 12, with an even number required.

Language

The courses are available in both English and French.

Program

The physiotherapy training course is aimed to provide key theoretical concepts and practical techniques for treating patients with varying severities of haemophilic arthropathy and haematomas.

When using OMT approaches, the frequency, intensity, and the direction of treatment are driven by the patient's pain severity and irritability to OMT interventions. In the event of painful condition, such as subacute stage of haemarthrosis, the trainee will learn which soft mobilization techniques are recommended. In the event of chronic pain condition, the participant will be taught the various direct techniques proposed for chronic arthropathy.

The trainee physiotherapists will also be instructed on how to develop carefully controlled, graded exercise programs while employing safe OMT approaches for patients displaying inhibitors or those with limited access to coagulation factors.

THE HAE-MOTION TRAINING COURSE FOR PHYSIOTHERAPISTS COMPRISES 10 MODULES

Module 1:

Introduction to neuromusculoskeletal management in haemophiliacs (theory)

Module 2:

Introduction to OMT concepts (theory)

Module 3:

Clinical assessment of the target joint using the ICF-model (theory)

Module 4:

Palpatory anatomy and OMT in practice for the ankle and foot joints

Module 5:

Palpatory anatomy and OMT in practice for the knee

Module 6:

Pain and proprioception in haemophiliacs (theory + practice)

Module 7:

Palpatory anatomy and OMT in practice for the elbow

Module 8:

Overview of OMT in practice for the shoulder and hip joints

Module 9:

Specific soft mobilization techniques in practice for patients with inhibitors and those with limited access to coagulation factors

Module 10:

Compensations, stretching, and strengthening for muscle haematomas (theory + practice)

OMT = Orthopedic Manual Therapy

References

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5. Hidalgo, B., Hall, T., Nielen, H., & Detrembleur, C. (2014). Interrater agreement and validity of identifying lumbar pain provocative movement patterns using active and passive accessory movement tests. *Journal of Manipulative and Physiological Therapeutics*, 37(2), 105–115.
6. Hidalgo, B., Detrembleur, C., Hall, T., Mahaudens, P., & Nielen, H. (2014). The efficacy of manual therapy and exercise for different stages of non-specific low back pain: an update of systematic reviews. *The Journal of Manual & Manipulative Therapy*, 22(2), 59–74.
7. Cuesta-Barruso R, Gómez-Conesa A, L-R J. (2014). Manual therapy in the treatment of ankle hemophilic arthropathy. A randomized pilot study. *Physiother Theory Pract*, 30(8), 634–6.

TRAINER CURRICULUM VITAE



Sébastien Lobet, PT, PhD

Dr. Sébastien Lobet is a physiotherapist at the Haemostasis and Thrombosis Unit, Cliniques Universitaires Saint-Luc, Brussels. After obtaining his master's degree in Sports Physiotherapy at the Université Catholique de Louvain (UCL), Belgium, Dr. Lobet completed a degree in Pediatric Orthopedic Physiotherapy in 2009 and wrote a PhD thesis in 2012.

His interests revolve around the musculoskeletal assessment in young and adult haemophiliacs. In 2009, Dr Lobet received the Henri Horosowski Memorial Award at the Musculoskeletal Congress of the World Federation of Haemophilia (WFH). Over the past 4 years, he has also received prestigious industry-sponsored research awards including the "Heroes in Hemophilia", in addition to the "Early Career Investigator" on completion of this post-doctoral fellowship at the KULeuven University. In 2014, Dr Lobet was awarded a WFH clinical research grant for his research entitled «Quantifying foot biomechanics in haemophilic children with ankle arthropathy through an integrated approach».



Benjamin Hidalgo PE, PT, OMT, DO, PhD

Dr. Benjamin Hidalgo obtained his master's degrees in Physical Education in 2000 and in Physical Therapy and Rehabilitation in 2002, going on to publish his PhD thesis in 2015 at UCL, Belgium. He also obtained a degree in Osteopathy in 2007 at the Sutherland College of Osteopathic Medicine, Belgium, and became certified in Orthopaedic Manual Therapy (OMT) by the Manual Concepts Program of Curtin University in Australia in 2011, and by UCL in 2014. He is a certified neuromusculoskeletal expert through his clinical and teaching experience as well as his scientific research. Benjamin boasts extensive experience in pediatric and paramedical care from his time as Head of the Pediatric Center of Biez, Belgium (2004-2007). Benjamin is also Visiting Professor and co-head of the certificate in OMT at the FSM-UCL.

Introduction to Physiotherapy School for Haemophilia

Physiotherapy School for Haemophilia aims to provide physiotherapists with hands-on OMT training and tools to support the care of people with haemophilia through physiotherapy, as well as opportunities to discuss and share best-practice approaches to care.

By collaborating with expert haemophilia physiotherapists and osteopaths, Pfizer aims to promote the role of physiotherapy for the optimal management of joint health in people with haemophilia and highlight the importance of a total health approach to haemophilia care.

Programme designed by Dr Sébastien Lobet and Dr Benjamin Hidalgo

Partnering with Dr Sébastien Lobet and Dr Benjamin Hidalgo,
Specialist Haemophilia Physiotherapists and Osteopaths,
Pfizer is proud to support the
Physiotherapy School for Haemophilia Programme.



Sébastien Lobet
Course Director




*Cliniques Universitaires
Saint-Luc,
Brussels, Belgium*



Benjamin Hidalgo
Course Trainer

*Université Catholique de
Louvain,
Brussels, Belgium*

Physiotherapy School for Haemophilia: Course Content

Module 1	Introduction to neuromusculoskeletal management in people with haemophilia	
Module 2	Introduction to orthopaedic manual therapy (OMT) concepts	
Module 3	OMT for the knee in people with haemophilia	
Module 4	The role of exercise and sport in haemophilia management	
Module 5	OMT for the elbow in people with haemophilia	
Module 6	Pain in patients with haemophilia	
Module 7	Management strategies for haemophilic ankle arthropathy	
Module 8	OMT for the ankle in people with haemophilia	

Orthopaedic manual therapy for the knee

Myofascial release: technique examples



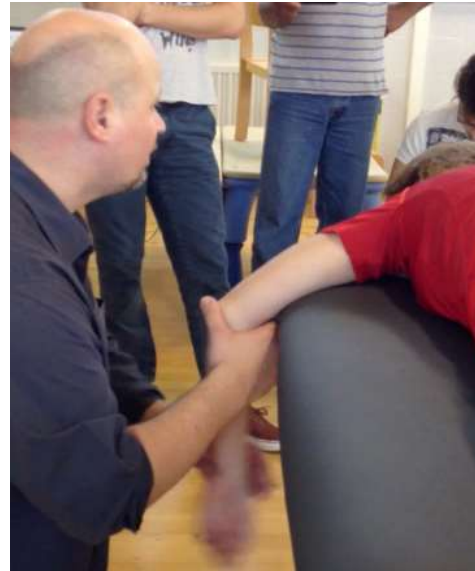
Orthopaedic manual therapy for the knee

Oscillatory mobilisation: technique examples



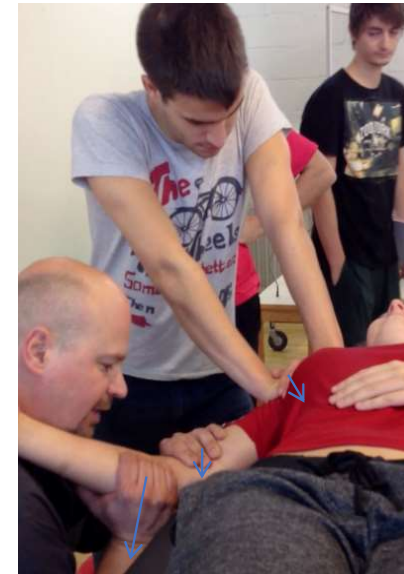
Orthopaedic manual therapy for the elbow

Harmonic movements in flexion-extension and pro-supination



Orthopaedic manual therapy for the elbow

Humero-ulnar traction in extension



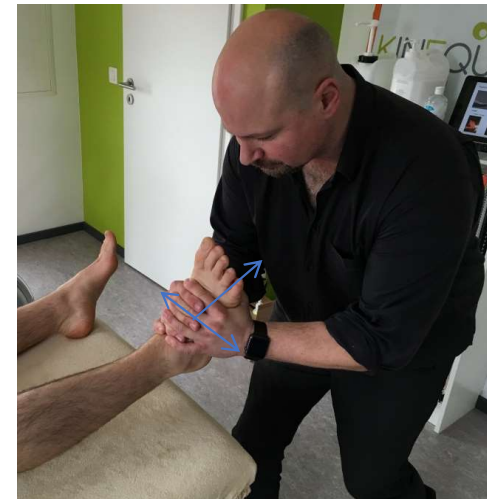
Orthopaedic manual therapy for the ankle

Dorsal flexion with posterior talus translation



Orthopaedic manual therapy for the ankle

Traction or dorsal flexion manipulation of the tibiotalar joint



Further information

- For more information on how you can get involved in the Physiotherapy School for Haemophilia, please contact:
 - Sébastien LOBET: sebastienlobet@hotmail.com