



Swimming as a strategy to promote rehabilitation, physical fitness, mental health and social inclusion to people and families suffering of Hemophilia (H) and Von Willebrand (EvW).



Authors

Yuri Andrea Arango Bernal psychologist, Liga Antioqueña de Hemofílicos

Objectives:

- Implement an educational approach with children with the purpose of encouraging the promotion and prevention processes, seeking to enhance the children quality of life and a better environment for them.
- Cause a space where it is possible to identify, construct, and re-create educational and practical elements favoring the life experiences of H and EvW children and their family ties.

Methods

- Sports instruction
- Accompaniment
- Education
- Promotion

Results:

- Development of processes to increase or maintain muscle strength range of motion in joints.
- Exercise the joints that have submitted episodes of bleeding to limit the impact damage and joint range of motion is maintained or improved.
- Raise awareness of sport as a strategy for maintaining physical fitness and health promotion.
- Development of a strategy group as a space for social inclusion.
- Clinical outcomes that mark the progress of athletes.

Reference:

- World Federation of Hemophilia, "Go for it," 1998.
- Kathy Mulder, World Federation of Hemophilia, "Ejercicios para personas con hemofilia," 2006.
- Ashegui Asociacion Guipuzcoana de Hemofilia, www.hemofiliaguipuzcoa.org, "Aspectos médicos: Rehabilitación, 2009.
- Pedro Frau Escales, www.eFisioterapeuta.net, "Hemofilia y actividad física," 2008
- World Federation of Hemophilia, "Adolescencia," 1994.
- Graciela Bohorquez de Perinni, Marta Elena Tobon Duque, Claudia Briceño García, "Hemofilia: Ejercicios y actividades deportivas," 2009.

