

The Sports effect on the motor development of hemophiliacs



Authors: Almeida J; Beltrame L; Félix T; Marques R; Lino S.

Affiliation: University of Federal District; Association of Volunteers, Reseachers and Carriers Coagulopatias

OBJECTIVES

Hemophilia is a hereditary disease of recessive and X-linked, incidence almost exclusively male, the woman being only carrier. This is a genetic, inherited change due to the lack or reduction of factor VIII (FVIII) and factor IX (FIX) coagulation. Hemophilia A and B can be severe, moderate or mild, in accordance with the respective levels of deficiency of coagulation factors. The practice of physical activities, as well as the proper use of primary prophylaxis is able to assist the treatment of these individuals, preventing complications of the disease. The aim of this study is to analyze the benefits of football, along with a multidisciplinary team and prophylactic treatment.

METHODS

The sample consisted of 8 hemophiliacs aged 19.3 (+_8,7), BMI 20.1 (+_3,1) and control group composed of 5 individuals aged 20.6 (+_6,7) and BMI 21.2 (+_1.3). Simple inexpensive tests were carried out (sit and reach, abdominal, speed, agility, vertical and horizontal jump) for people with hemophilia (PCH) and control group (CG), people without hemophilia. Subsequently they compared the results of the GC and the PCH. To evaluate the differences between the results was used the "t-Test". All results were expressed as mean and standard deviation.

RESULTS

There was a greater variability of individual responses on the PCH than in the GC; Significant differences were observed only in the horizontal thrust tests ($p = 0.003$) and vertical impulse ($p = 0.06$). All the tests performed under prophylactic treatment without hemorrhagic.

Tests	hemofiliacs (n=8)	Control Group (n=5)	Value of p
Seat and reach (cm)	32,8(+_13)	38(+_6,8)	0,43
abdominal (qty)	33(+_8,4)	35(+_6,7)	0,63
Jump dist.(cm)	137(+_26)	185,2(+_5,6)	0,003
Jump vertical(cm)	25(+_9)	34,6(+_4,2)	0,06
Race 20 (sec) (n=6)	4,9(+_0,6)	4,5(+_0,5)	0,31
Square (sec) (n=6)	7,1 (+_1,7)	7,4(+_0,8)	0,72

CONCLUSIONS

The tests show that the PCH treated prophylactically tend to achieve similar values of physical abilities of people without hemophilia when they are nurtured to regular physical activity. However such responses can be better observed occurs when primary prophylaxis. This work has not been evaluated emotional aspects that lead to shrinkage front of sports and fitness activities. But it is unquestionable the value of sport as indispensable tool for the improvement of the socio emotional levels in this population.

REFERENCES

Exercise of Acute Aquatic Effect moderate In factors of people with hemophilia coagulation; Beltrame L.