

MEN'S BUSINESS

*What are the specific issues in
haemophilia?*

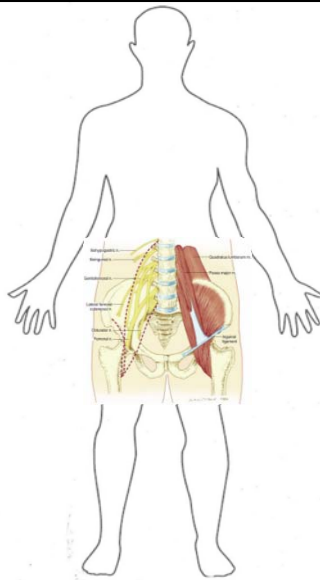
Iliopsoas bleeds

What are the signs of a bleed?

- * Pain when trying to straighten your hip
- * Pins and needles/tingling down the front of your thigh
- * Weakness of the knee
- * Pain in the groin and flank

What does it do?

- * Bends your hip
- * Bends your trunk/body when feet on the ground or other surface
- * Stabilises your hips/pelvis



Where is it?

Runs from your lower back to the front of your hip

What can I do?

- * Ask if unsure
- * Gradual rehabilitation

How does it happen?

- * Unsure, may be from a direct blow, unexpected 'jolt' or 'overexertion'
- * Anecdotal evidence only of being caused by sex

What does it mean?

- * Factor therapy and seek review at nearest haemophilia/medical centre for further advice
- * Rest