

LIVING FIT! WITH Strengthening Exercise

What are strengthening exercises?

- ▶ Strengthening exercise = resistance or weight training¹
- ▶ Exercises that use some type of resistance to make muscles work harder
 - Isometric exercises = type of strength training where the muscle contracts (works) without any visible movement
 - Examples of isometric exercises:
 - Straighten your knee, tighten thigh muscles, hold 6 seconds. Rest, repeat
 - Squat down until your bottom almost touches a chair, stay in that squat position for 6 seconds. Rest, repeat
 - Isotonics = type of strength training that resists your joint and muscle as you move through your motion
 - Examples of isometric exercises:
 - Using your body weight: push-ups, moving up and down
 - Using elastic bands or tubing
 - Using free weights: dumbbells, cuff weights, fitness machines
 - As you get stronger, increase the number of repetitions of each exercise and gradually increase the load

Why should I strength train?

- ▶ Strengthens your muscles and bones³
- ▶ Strong muscles support joints and may help ↓ the likelihood of injury³
- ▶ Some data suggests that resistance training may help ↓ the frequency of bleeding⁴

How do I safely strength train?

- ▶ Always check with your healthcare provider first
- ▶ Use proper technique
- ▶ Use the correct amount of weight. Lighter weight with more repetitions is safer³
- ▶ Rest. Muscles need rest to recover and build. Do not exercise the same muscle groups two days in a row¹



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► Think ...



- **Start low:** Begin practicing proper technique through your available range of motion without any weight
- **Progress slow:** Begin using light weights once you can perform the exercise correctly
 - Monitor intensity by taking the “talk” test
 - You should be able to talk, but not sing, during the activity
- **Pain “No!”:** If you are new to a strengthening exercise, you may feel some discomfort as your muscles are working and stretching. You should work through this discomfort at first, but be aware that increasing pain is a warning signal which means some body part is being misused or injured. Slow down if you feel increasing pain.
 - If you get a bleed, follow the treatment recommendations of your HTC
 - **RICE: Rest, Ice, Compression, Elevation!**
 - Resume activity slowly and without pain under the advice of your HTC
- **Goal = Six - “O”:** Include strengthening exercise for arms, legs and trunk three times a week as part of your 60 minutes of daily exercise^{1,2}
- **Ready? GO!**

1 US Department of Health and Human Services. 2008 PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS. Washington, DC: US Dept of Health and Human Services; 2008. ODPHP Publication U0036. 1 Centers for Disease

2 Centers for Disease Control and Prevention. Physical activity for everyone. http://www.cdc.gov/physicalactivity/everyone/guidelines/what_counts.html. [March 2, 2010]

3 Avery D. Faigenbaum, William J. Kraemer, Cameron J.R. Blimkie, Ian Jeffreys, Lyle J. Micheli, Mike Nitka, and Thomas W. Rowland. Youth Resistance Training: Updated position statement paper from the national strength and conditioning association. *Journal of Strength and Conditioning* 2009.

4 TiktinskyR, Falk B, Heim M Martinovitz U. “The effect of resistance training on the frequency of bleeding in haemophilia patients: a pilot study, “ *Haemophilia*, 8(1), 22-7, 2002