

Balance, strength and related falls risk factors in people with haemophilia and other bleeding disorders (PWH), and feasibility of a targeted home exercise program to improve balance.

ACTRN12606000172505

Status	RECRUITING
Sponsor	Haemophilia Foundation of Australia
Enrollment	60 participants

Plain Language Summary

This study is looking at whether people with haemophilia or other bleeding disorders are at greater risk of falls due to balance problems, and whether a tailored home exercise program can help improve their balance and reduce that risk. Falls can cause serious injuries in people with bleeding disorders, so this research aims to identify the problem and test a possible solution.

You may be eligible if:

- You are 18 years of age or older
- You have haemophilia or another bleeding disorder
- You can stand unsupported for more than 30 seconds
- You are willing and able to give informed consent

You may NOT be eligible if:

- You have other health conditions that also increase your risk of falling
- You have had surgery on your lower limbs in the past 2 months

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

- All participants must be willing and able to give informed consent. They must also be able to stand unsupported for greater than 30 seconds.

Exclusion (1)

- Participants will be excluded if there is presence of additional co-morbidities that confer risk of falls, or if they have had lower limb surgery within the previous two months.

Locations (1 total)

Australia