HANDI HIGHLIGHTS - JUNE 2024

This month we are highlighting joint health resources for healthcare providers and people with bleeding disorders to help manage and prevent joint bleeds.

Educational Resources

Playing it Safe: Bleeding Disorders, Sports, and Exercise (English and Spanish)

Working for Success: Matching your Physical Abilities and Job Requirements

What Happens to Joints After Frequent Bleeds?

The P.R.I.C.E. is Right!

Hemophilia: Sports and Fitness | Cincinnati Children’s

What Women with Bleeding Disorders Need to Know About Joint Problems

Provider Resources

View the most recent MASAC Physical Therapy Management for Bleeding Disorders

Raising the Bar for Joint Health

Joint Health (animation)

Stay connected with NBDF and HANDI

Subscribe to receive the latest news and event updates.

Check your local chapters for more information on local events

Visit the HANDI homepage to submit a request for information and to learn the answers to frequently asked questions.