



**JUNE FOR
JOINT HEALTH™**

Brought to you by NHF and Sanofi Genzyme

JOIN US FOR A VIRTUAL STRETCHING SESSION

Clinical studies have shown that stretching and exercising can have the potential to improve joint health and reduce joint bleeds.¹⁻² Sanofi Genzyme in partnership with National Hemophilia Foundation would like you to join us for stretching webinar on September 8th 2020 to teach you joint-focused stretches and how to create a habit of regular activity.

TUESDAY, SEPTEMBER 8, 2020

Jeff LaBlanc, Physical Therapist

LET'S GET ACTIVE!



GET STRETCHING

Stretching before an activity can help increase your range of motion.



GET MOVING

Getting active doesn't have to be hard. Start with activities like walking or swimming.



GET INTO A ROUTINE

There can be benefits to regular activity, so start and stick to a routine.

SIGN UP [HERE](#)

**GET YOUR
YOGA MAT**



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Contact your doctor or physical therapist before starting any physical activity and exercise program for recommendations that are specific to your current level of health. Do not stretch if a joint or muscle has had a recent bleed, is swollen, warm or painful.

¹Strike K, Mulder K, Michael R. Exercise for haemophilia. Cochrane Database of Systematic Reviews 2016, Issue 12. Art. No.: CD011180. DOI: 10.1002/14651858.CD011180.pub2.

²Textbook of Hemophilia, Third Edition. Edited by Christine A. Lee, Erik E. Berntorp and W. Keith Hoots Chapter 35 Physiotherapy in the management of hemophilia, 2014

