



# Activités physiques dans la population générale

# Activités physiques, Sports



**POURQUOI ?**



# De quoi parle-t-on ?



# Bénéfices et inconvénients de la pratique des activités physiques et sportives

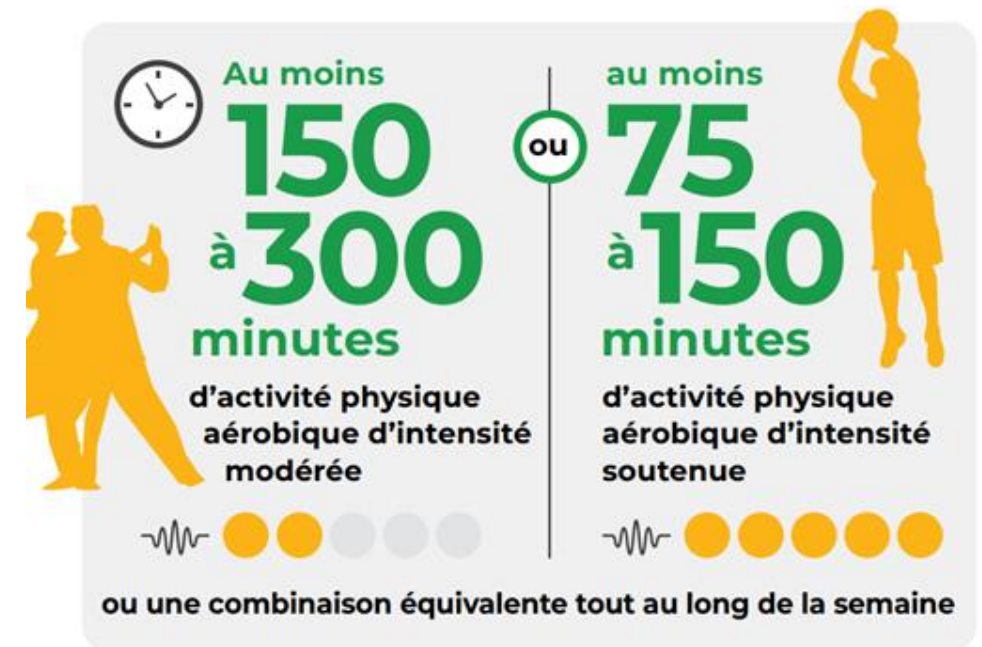


**Diminue le risque de mortalité et morbidité cardiovasculaire (20 à 30%), métabolique, cancéreux, neurologique, locomoteur.**

**Équilibre psychologique : stress, trouble de l'humeur.**

**Augmente la qualité et l'espérance de vie.**

**Économique (diminution dépenses de santé).**



# Bénéfices et inconvénients de la pratique des activités physiques et sportives



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SCANDINAVIAN JOURNAL OF  
MEDICINE & SCIENCE  
IN SPORTS

## Exercise as medicine – evidence for prescribing exercise as therapy in 26 different chronic diseases

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## Exercise as medicine – evidence for using exercise as therapy in 26 different chronic diseases

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**Raisonnée, Régulière et Raisonnable**

# Bénéfices et inconvénients de la pratique des activités physiques et sportives



## Risques

**MORT SUBITE – 1500/an en France**

**LOCOMOTEURS :**

- traumatismes aigus
- microtraumatismes

**DOPAGE**

**SURENTRAÎNEMENT**



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## Risques

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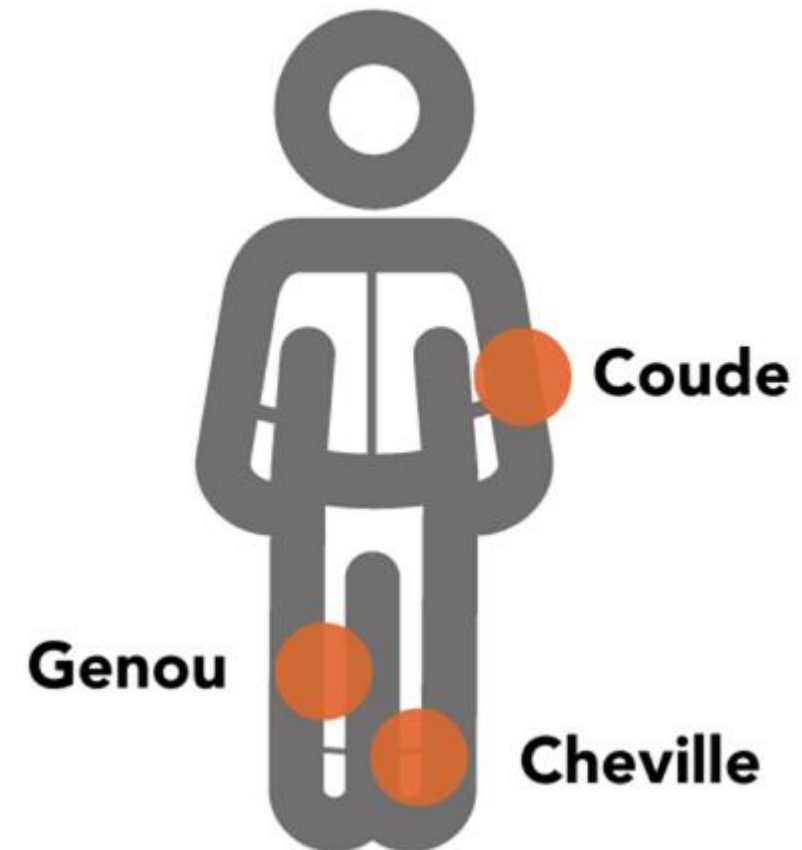
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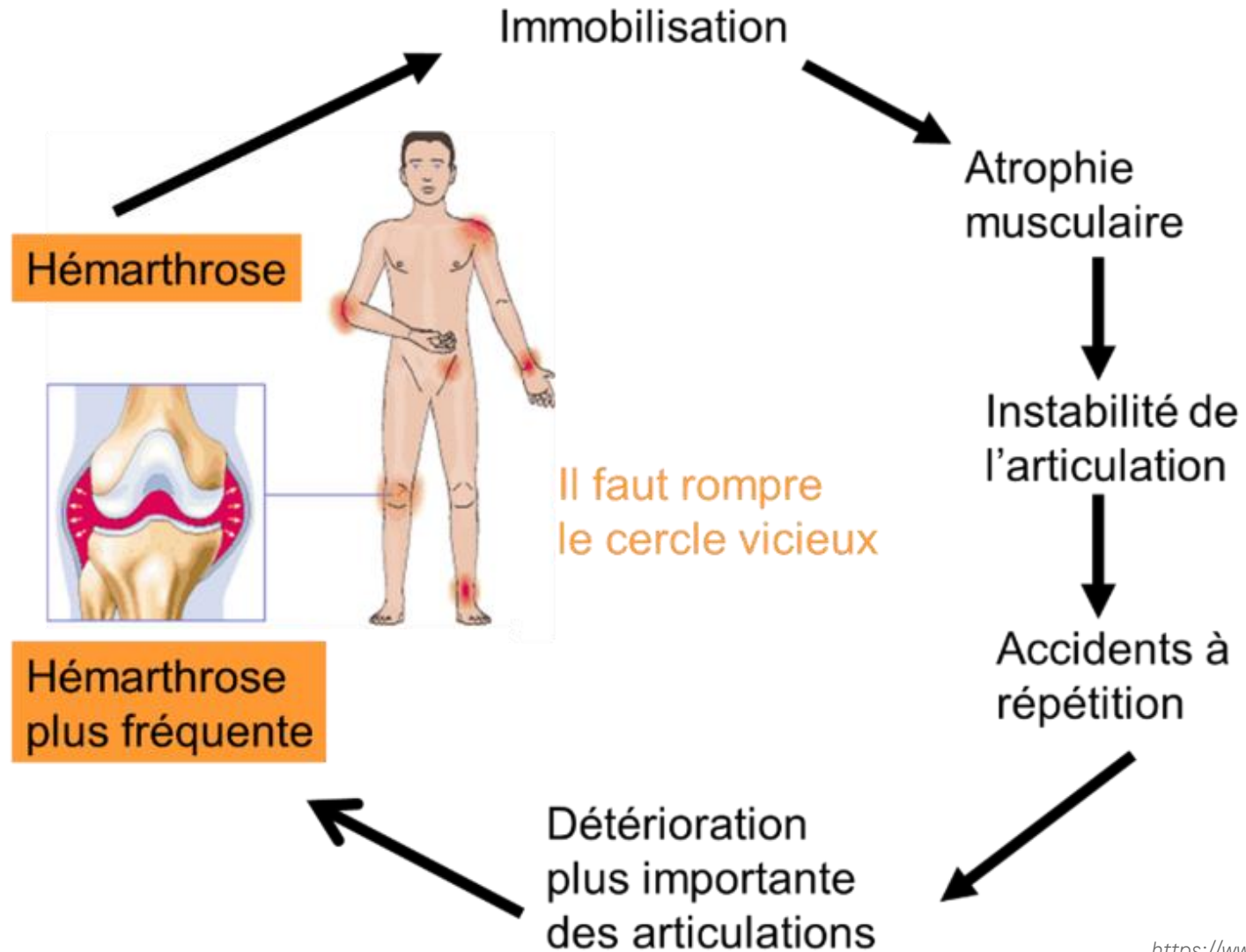
**SURENTRAÎNEMENT**

## **Hémophilie**

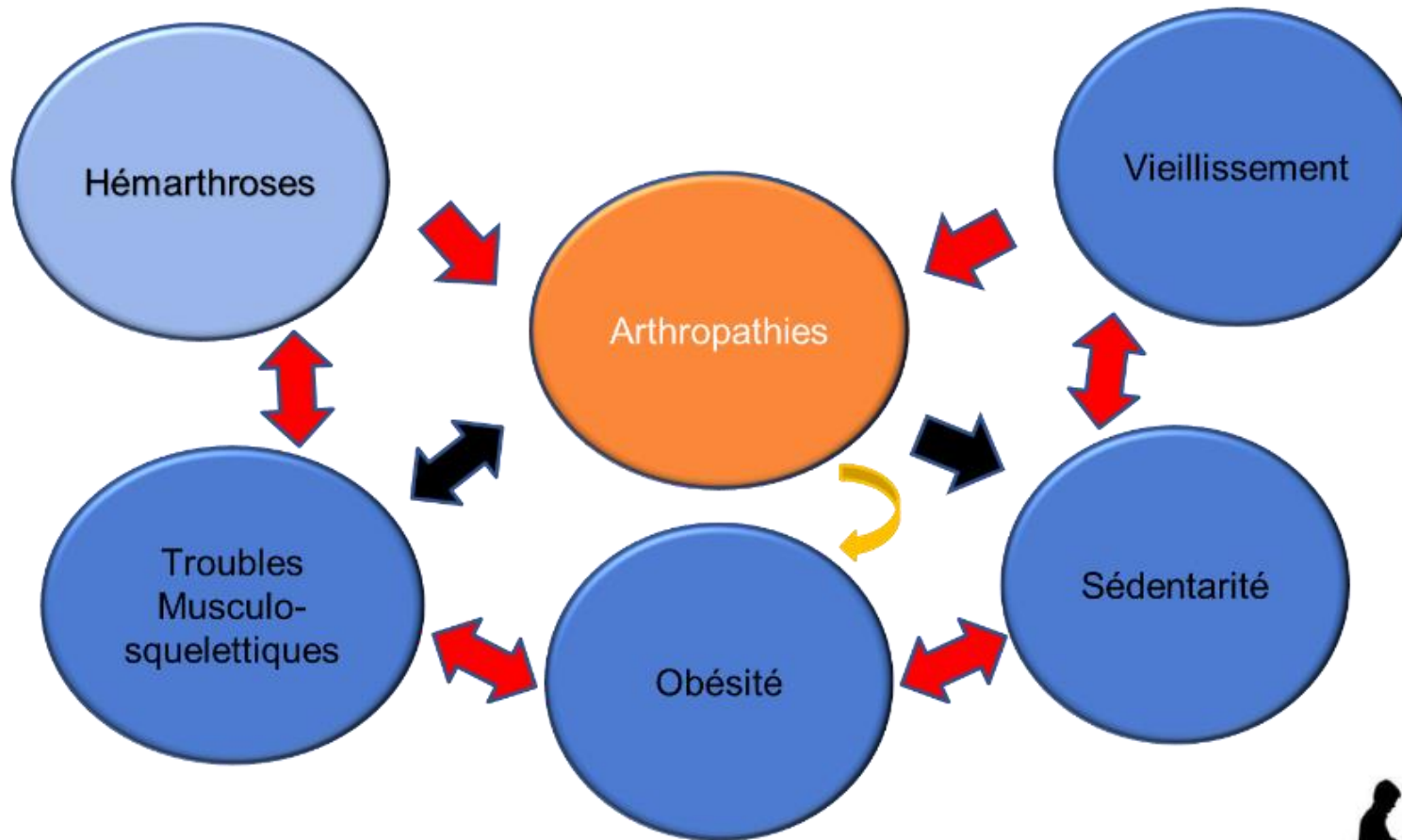




# Contexte de l'hémophilie



# Contexte de l'hémophilie



# Activités et saignements







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REVIEW ARTICLE

Haemophilia  WILEY

## A systematic review of physical activity in people with haemophilia and its relationship with bleeding phenotype and treatment regimen

Megan Kennedy<sup>1</sup>  | Philip O’Gorman<sup>1</sup>  | Ann Monaghan<sup>1</sup> | Michelle Lavin<sup>2,3</sup>  |  
Brian O’Mahony<sup>4</sup>  | Niamh M. O’Connell<sup>2</sup> | James S. O’Donnell<sup>2,3</sup> | Peter L. Turecek<sup>5</sup> |  
John Gormley<sup>1</sup> | on behalf of the Irish Personalised Approach to the Treatment of  
Haemophilia (iPATH) study group

...due to the inherent inter-individual variability in bleeding tendency and varying treatment regimens amongst PWH, **the relationship between bleeds and PA was difficult to elucidate.**