

## Muscle & Soft Tissue Bleeding

Bleeding into muscles is also known as soft tissue bleeding. Bleeding into the muscles in the arms, legs, and thighs can occur in people with hemophilia and other severe bleeding disorders. The bleeding can start when the muscle is hit, is sprained, or you get a shot in the muscle. With severe hemophilia, it can also happen for no clear reason (called a “spontaneous” bleed). For more information, watch the following educational video from NHF titled: “Meet the Joint: Muscle Bleed”. You will learn signs of a muscle bleed, common causes and locations, how to modify activities, and physical therapy tips.



**[Meet the Joint: Muscle Bleed | National Hemophilia Foundation](#)**

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.