

APPENDIX

Search Strategy

Medline (OVID)

1. exp Exercise/ OR exp Exercise Therapy/ OR exp Physical Fitness/ OR exp "physical education and training"/ OR exp "Exercise Movement Techniques"/ or physical endurance/ or exercise tolerance/ OR Physical Exertion/ or exp Sports/ or Dancing/
2. (strength\$ or isometric\$ or isotonic\$ or isokinetic\$).ti,ab.
3. (resistance adj3 train\$).ti,ab.
4. ((physical\$ or motion\$) adj3 (fit\$ or therap\$)).ti,ab.
5. (treadmill\$ or cross-train\$ or rowing or sport\$ OR exercis\$ OR "physical activit\$" OR aerobic\$ OR run or jog\$ or running OR walk or walks or walking OR gym\$ OR yoga oR pilates OR "recreation\$ activit\$" OR zumba or salsa\$ OR cycling or bicycle or bike or swim\$ or dance or dancer\$ or dances or dancing).ti,ab.
6. (circuit\$ adj1 train\$).ti,ab.
7. (keep\$ adj1 (active or fit)).ti,ab.
8. or/1-7
9. exp Hemorrhage/ OR Hemarthrosis/
10. ((joint\$ or spontaneous or Intraarticular or Intra-articular OR articular OR knee\$ OR elbow\$ OR ankle\$) adj3 (bleed\$ OR H?emorrhag\$ OR h?emarthosis)).ti,ab.
11. H?emorrhag\$.ti,ab.
12. or/9-11
13. Hemophilia A/ or Hemophilia B/
14. (H?emophili\$).ti,ab.
15. or/13-14
16. 8 and 12 and 15

EMBASE

1. 'exercise'/exp OR 'kinesiotherapy'/exp OR 'physical activity'/exp OR 'physical activity, capacity and performance'/de OR 'training'/de OR 'endurance'/de OR 'exercise tolerance'/de OR 'physical capacity'/de OR 'sport'/exp
1. (strength* or isometric* or isotonic* or isokinetic*):ti,ab
2. (resistance NEAR/3 train*):ti,ab
3. ((physical* or motion*) NEAR/3 (fit* or therap*)):ti,ab
4. (treadmill* or cross-train* or rowing or sport* OR exercise* OR "physical activit*" OR aerobic* OR run or jog* or running OR walk or walks or walking OR gym* OR yoga oR

- pilates OR "recreation* activit*" OR zumba or salsa* OR cycling or bicycle or bike or swim* or dance or dancer* or dances or dancing):ti,ab
5. (circuit* NEAR/1 train*):ti,ab
 6. (keep* NEAR/1 (active or fit)):ti,ab
 7. #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7
 8. 'bleeding'/de OR 'hemarthrosis'/exp
 9. ((joint* or spontaneous or Intraarticular or Intra-articular OR articular knee* OR elbow* OR ankle*) NEAR/3 (bleed* OR Hemorrhag* OR haemorrhag*)):ti,ab
 10. (Hemorrhag* OR haemorrhag* OR hemarthosis OR haemarthosis):ti,ab
 11. #9 OR #10 OR #11
 12. 'hemophilia'/exp
 13. (Hemophili* OR Haemophili*):ti,ab
 14. #13 OR #14
 15. #8 AND #12 AND #15

Cochrane

1. [mh "Exercise"] OR [mh "Exercise Therapy"] OR [mh "Physical Fitness"] OR [mh "physical education and training"] OR [mh "Exercise Movement Techniques"] OR [mh "physical endurance"] OR [mh ^"exercise tolerance"] OR [mh ^"Physical Exertion"] OR [mh "Sports"] OR [mh ^"Dancing"]
2. (strength* or isometric* or isotonic* or isokinetic*):ti,ab,kw
3. (resistance NEAR/3 train*):ti,ab,kw
4. ((physical* or motion*) NEAR/3 (fit* or therap*)):ti,ab,kw
5. (treadmill* or cross-train* or rowing or sport* OR exercise* OR "physical activit*" OR aerobic* OR run or jog* or running OR walk or walks or walking OR gym* OR yoga or pilates OR "recreation* activit*" OR zumba or salsa* OR cycling or bicycle or bike or swim* or dance or dancer* or dances or dancing):ti,ab,kw
6. (circuit* NEAR/1 train*):ti,ab,kw
7. (keep* NEAR/1 (active or fit)):ti,ab,kw
8. {OR #1-#7}
9. [mh "Hemorrhage"] OR [mh "hemarthrosis"]
10. (Hemorrhag* OR haemorrhag* OR hemarthosis OR haemarthosis):ti,ab,kw
11. ((joint* or spontaneous or Intraarticular or Intra-articular OR articular knee* OR elbow* OR ankle*) NEAR/3 (bleed* OR Hemorrhag* OR haemorrhag*)):ti,ab,kw
12. {OR #9-#11}
13. [mh "Hemophilia A"] OR [mh "Hemophilia B"]
14. (Hemophili* OR Haemophili*):ti,ab,kw

15. #13 OR #14

16. #8 AND #12 AND #15

CINAHL

1. (MH "Exercise+") OR (MH "Therapeutic Exercise+") OR (MH "Physical Fitness+") OR (MH "Physical Endurance+") OR (MH "Exertion") OR (MH "Exercise Intensity") OR (MH "Sports+") OR (MH "Dancing+")
1. TI (strength* or isometric* or isotonic* or isokinetic*) OR AB (strength* or isometric* or isotonic* or isokinetic*)
2. TI (resistance N3 train*) OR AB (resistance N3 train*)
3. TI ((physical* or motion*) N3 (fit* or therap*)) OR AB ((physical* or motion*) N3 (fit* or therap*))
4. TI(treadmill* or cross-train* or rowing or sport* OR exercise* OR "physical activit*" OR aerobic* OR run or jog* or running OR walk or walks or walking OR gym* OR yoga oR pilates OR "recreation* activit*" OR zumba or salsa* OR cycling or bicycle or bike or swim* or dance or dancer* or dances or dancing) OR AB (treadmill* or cross-train* or rowing or sport* OR exercise* OR "physical activit*" OR aerobic* OR run or jog* or running OR walk or walks or walking OR gym* OR yoga oR pilates OR "recreation* activit*" OR zumba or salsa* OR cycling or bicycle or bike or swim* or dance or dancer* or dances or dancing)
5. TI (circuit* N1 train*) OR AB (circuit* N1 train*)
6. TI (keep* N1 (active or fit)) OR AB (keep* N1 (active or fit))
7. S1 OR S2 OR S3 OR S4 OR S5 OR S6 OR S7
8. (MH "Hemorrhage") OR (MH "Hemarthrosis")
9. TI((joint* or spontaneous or Intraarticular or Intra-articular OR articular knee* OR elbow* OR ankle*) N3 (bleed* OR H?emorrhag*)) OR AB ((joint* or spontaneous or Intraarticular or Intra-articular OR articular knee* OR elbow* OR ankle*) N3 (bleed* OR H?emorrhag*))
10. TI(Hemorrhag* OR haemorrhag* OR hemarthosis OR haemarthosis) OR AB(Hemorrhag* OR haemorrhag* OR hemarthosis OR haemarthosis)
11. S9 or S10 OR S11
12. (MH "Hemophilia")
13. TI (Hemophili* OR Haemophili*) OR AB (Hemophili* OR Haemophili*)
14. S13 OR S14
15. S8 AND S12 AND S15

Web of Science

1. TS=((strength* or isometric* or isotonic* or isokinetic*) OR (resistance NEAR/3 train*) OR ((physical* or motion*) NEAR/3 (fit* or therap*)) OR (treadmill* or cross-train* or rowing or

sport* OR exercise* OR "physical activit*" OR aerobic* OR run or jog* or running OR walk or walks or walking OR gym* OR yoga oR pilates OR "recreation* activit*" OR zumba or salsa* OR cycling or bicycle or bike or swim* or dance or dancer* or dances or dancing) OR (circuit* NEAR/1 train*) OR (keep* NEAR/1 (active or fit)))

2. TS=(Hemorrhag* OR haemorrhag* OR hemarthosis OR haemarthosis)
3. TS=(((Joint OR spontaneous OR knee* OR elbow* OR ankle* OR Intraarticular) NEAR/3 (bleed* OR Hemorrhag* OR haemorrhag*)))
4. #2 OR #3
5. TS=((Hemophili* OR Haemophili*))
6. #1 AND #4 AND #5

