Arthrogryposis
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What is it?

- Multiple non-progressive joint contractures, present at birth
- Severe form is Amyoplasia, with typical posturing of shoulder internal rotation, elbow extension, wrist flexion, stiff fingers and thumbs in palm. Poor strength of muscles present
- Distal arthrogryposis (multiple variants) involves hands and feet, sparing proximal joints. Features often include wrist ulnar deviation, PIP jt flexion contractures, diminished flexor creases, wind swept fingers
Arthrogryposis

Goals of therapy

• Maximise active and passive ROM
• Maintain positioning
• Functional problem solving to maximise independence
Arthrogryposis

Functional considerations

**Amyoplasia**
- Dressing: reaching, limited ROM shoulders / elbows
- Toileting: reach, grasp, position
- Grooming: taps, hairbrush
- Feeding: opening containers/packets, cutlery, hand to mouth
- Fine motor tasks: difficulty bilateral tasks, writing & school tasks, books out of bag
- Leisure: participation in sports and arts

**Distal**
- Dressing: zips, buttons, shoelaces
- Grooming: toothpaste
- Feeding: opening containers/packets, cutlery
- Fine motor tasks: writing, school tasks, poor strength
- Leisure: participation in sports and arts
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With thanks to Tanya Cole, Josie Duncan and Rose Biggins