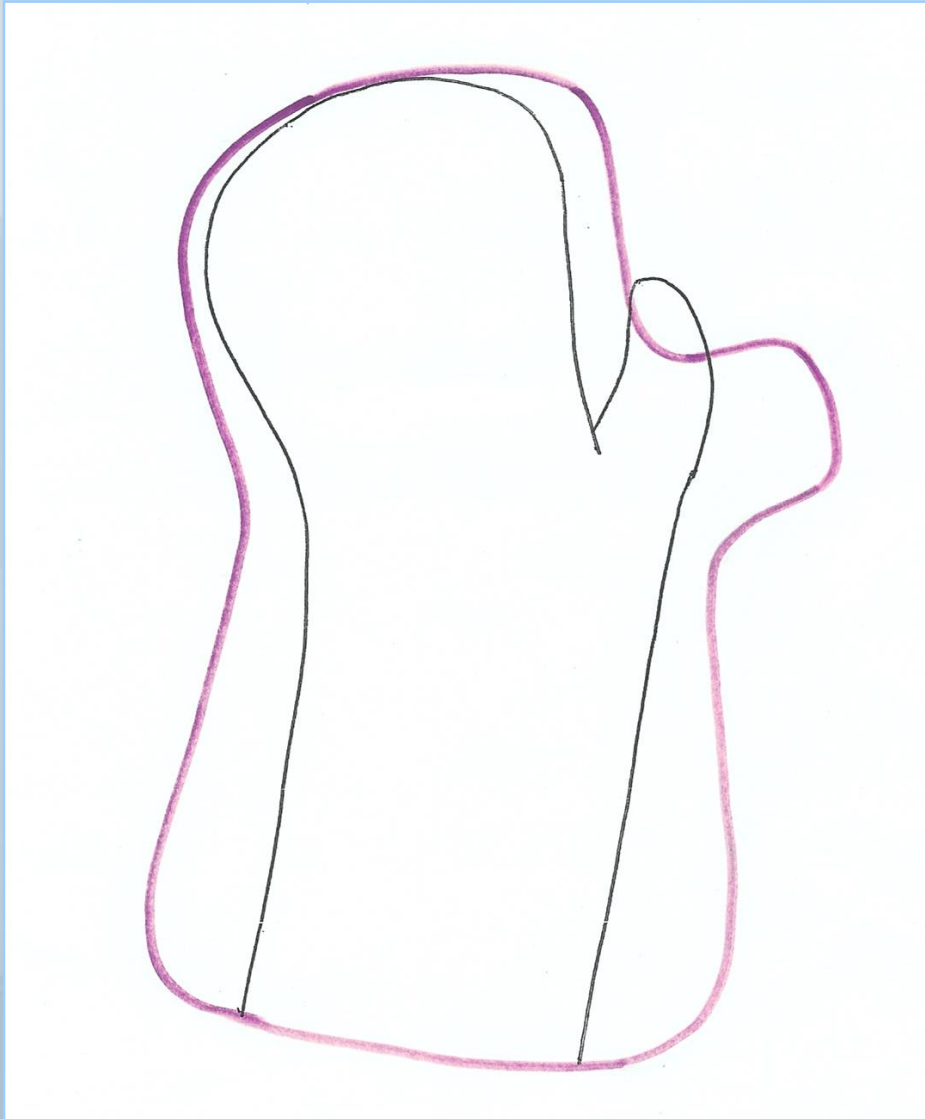


# Congenital Hand Anomalies - Arthrogryposis



Occupational Therapy Department  
The Royal Children's Hospital,  
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# Arthrogryposis



# Arthrogryposis



## 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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