

Arthrogryposis

FACTS:

- **Arthrogryposis is characterized by multiple frozen joints and is usually diagnosed at birth. This condition has multiple causes and is extremely rare.**
- **During pregnancy, motion of the fetus is essential for the normal development of a baby's joints. Anything that restricts fetal movement causes extra tissues to gather around the joint. The joint then becomes difficult to move or frozen in place.**
- **Conditions that decrease fetal movement include uterine malformations, having twins or triplets and inadequate amniotic fluid. The deformities are most severe at birth and do not progress.**
- **Children born with this condition may have other joint and limb problems.**
- **Children with this condition may also have a disorder of the nervous system or muscles.**



This condition most often affects the hands and feet.

- **These children may have medical problems with the heart, lungs or kidneys.**
- **Joints of the hands and feet are most often involved.**
- **The muscle groups around these joints are often weak due to lack of movement.**
- **These children usually have normal intelligence.**



A child's joints may be "frozen" in place.

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TREATMENT:

- **Very gentle movement of the stiff limbs after birth and as the child grows improves motion of the limb. Joint manipulations during the first few months of life may produce considerable improvement.**
- **The doctor may prescribe physical therapy to improve joint motion and to prevent muscle wasting.**
- **Some children need splinting of the limbs, and others need surgery.**
- **It is important for these children to be evaluated by a physician to determine if they have problems with the heart, lungs, kidneys or nervous system.**
- **Many of these children are able to live active and happy lives.**



Very gentle movement of the joints may help.



Many children can have very active lives!