

Juvenile Idiopathic Arthritis (JIA)

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Sensational Kids Therapy

International League of Associations for Rheumatology Classification

1. **Oligoarticular:** (50%)
4 or less joints involved
 - Persistent
 - Extended
 - Asymmetrical
2. **Polyarticular:** (35%)
5 or more joints involved, often symmetrical
 - Rheumatoid factor-positive (more destructive, similar to adult form)
 - Rheumatoid factor-negative
3. **Systemic** (Still disease): (10-15%)
high fever once or twice a day (often in afternoon) with rash on bony prominences during fever spikes; can also have liver, blood, or lymph involvement
4. **Enthesitis:** (<10%)
mainly in legs of boys over 10 years old at tendon insertions
5. **Psoriatic arthritis:** (10%)
females more than males

Exercise and Activity

Acute phase: (generally 2-3 days)

- Redness, swollen, warm to touch, painful joint
- Ice or cold for 1st 24 hours to prevent additional swelling and reduce pain
 - Use ice or cold no more than 20 minutes at a time and only until area is numb
- Splinting
- Active or active-assisted range of motion only
- Isometric exercise only i.e. muscle contraction but no movement

Sub-acute phase: (generally 1 week to 2-3 months)

- Gentle stretching
- Warm bath to increase blood flow to area and to warm joint to reduce soreness
 - Heat is controversial with JIA – believed to increase joint swelling
 - **NEVER** sleep on a heating pad – burns can happen easily

Chronic phase: (generally 3-6 months+)

- Use principles of joint protection, energy conservation
- No limits in PE class as long as there is no physical contact
- Exercise and activity important to prevent weakness and to maintain flexibility:
low impact, non-contact activities such as:
 - riding bike
 - swimming with or without kickboard (especially heated pool)
 - kick ball
 - T-ball
 - dancing
 - weight training (low weight, high reps)
 - theraband
 - isometric exercise
 - strengthening exercises
 - sit-ups
 - wall slides
 - stretching
 - Wii games involving activity
 - Dance games
 - Balance games
 - “Olympic” games
 - Tai Chi
 - Yoga
 - Horseback riding
 - Trampoline
 - Skateboarding
 - Riding scooter
 - Ice skating
 - Roller skating or roller blading

References:

<http://emedicine.medscape.com/article/1007276-overview>

<http://www.webmd.com/rheumatoid-arthritis/tc/juvenile-rheumatoid-arthritis-treatment-overview>