



**European
Reference
Network**
for rare or low prevalence
complex diseases

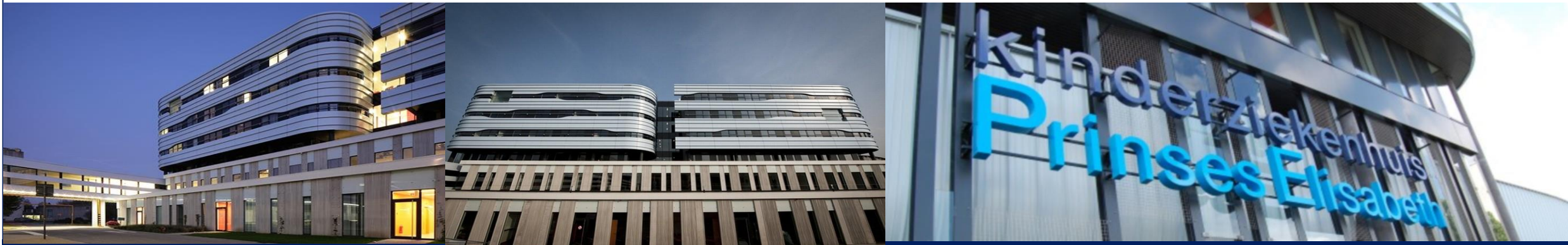
Network
Immunodeficiency,
Autoinflammatory and
Autoimmune Diseases
(ERN RITA)



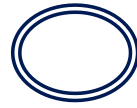
Physiotherapy in JIA

Joke Dehoorne

Department of Pediatric Rheumatology, Prinses Elisabeth Childrens Hospital Gent, Belgium



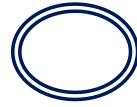
Physiotherapy/ basic facts



- physiotherapy should play an important role in the treatment plan

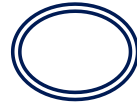


Physiotherapy for JIA



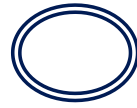
- physiotherapy can help with
 - pain
 - weakness
 - limited range of motion
 - reduced physical ability

Physiotherapy for JIA



- physiotherapy can
 - reduce pain and stiffness,
 - prevent long-term damage of joints and muscles
 - help the child maintain their physical abilities and fitness

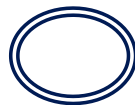
Physiotherapy/ basic facts



- basic facts you should know about pediatric physiotherapy



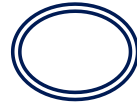
Physiotherapy/ basic facts



- **Treating children with JIA is different from helping adults and requires a unique approach**
 - a team of experts trained specifically to deal with kids' bone and muscle structure
 - high level of patience and compassion
 - children might not understand the need for physical therapy
 - children have more trouble staying on task than adults would
 - chronic treatment CAVE boresom
 - not only small children but also adolescents



Physiotherapy/ basic facts

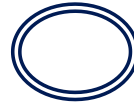


- In children there is a capacity for regeneration, re-modelling and repair
- This needs to be used to a maximum

PEDIATRIC PHYSIOTHERAPY



Physiotherapy/ basic facts

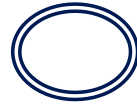


- **One size does not fit all**

- every child and family: different
- same diagnosis → unique presentation and personality
- what works with one child may look completely different with another child
- try, adjust, be creative, try again a different way, and be ok if something does not go as planned

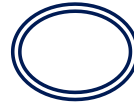


Physiotherapy/ basic facts



- Physiotherapist “becomes part of your family”
 - Working with children as they develop, grow, and meet new milestones allows you the honor to **become an important addition to their family**
 - Physiotherapist teaches and empowers parents, siblings, and extended family members to help their child meet his or her goals

Physiotherapy/ basic facts

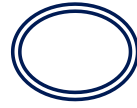


- **Adaptive environment**



- child's home, day care or school
- in-patient hospital or an outpatient clinic
- fun and relaxing environment

Physiotherapy/ basic facts



The ultimate goal

=

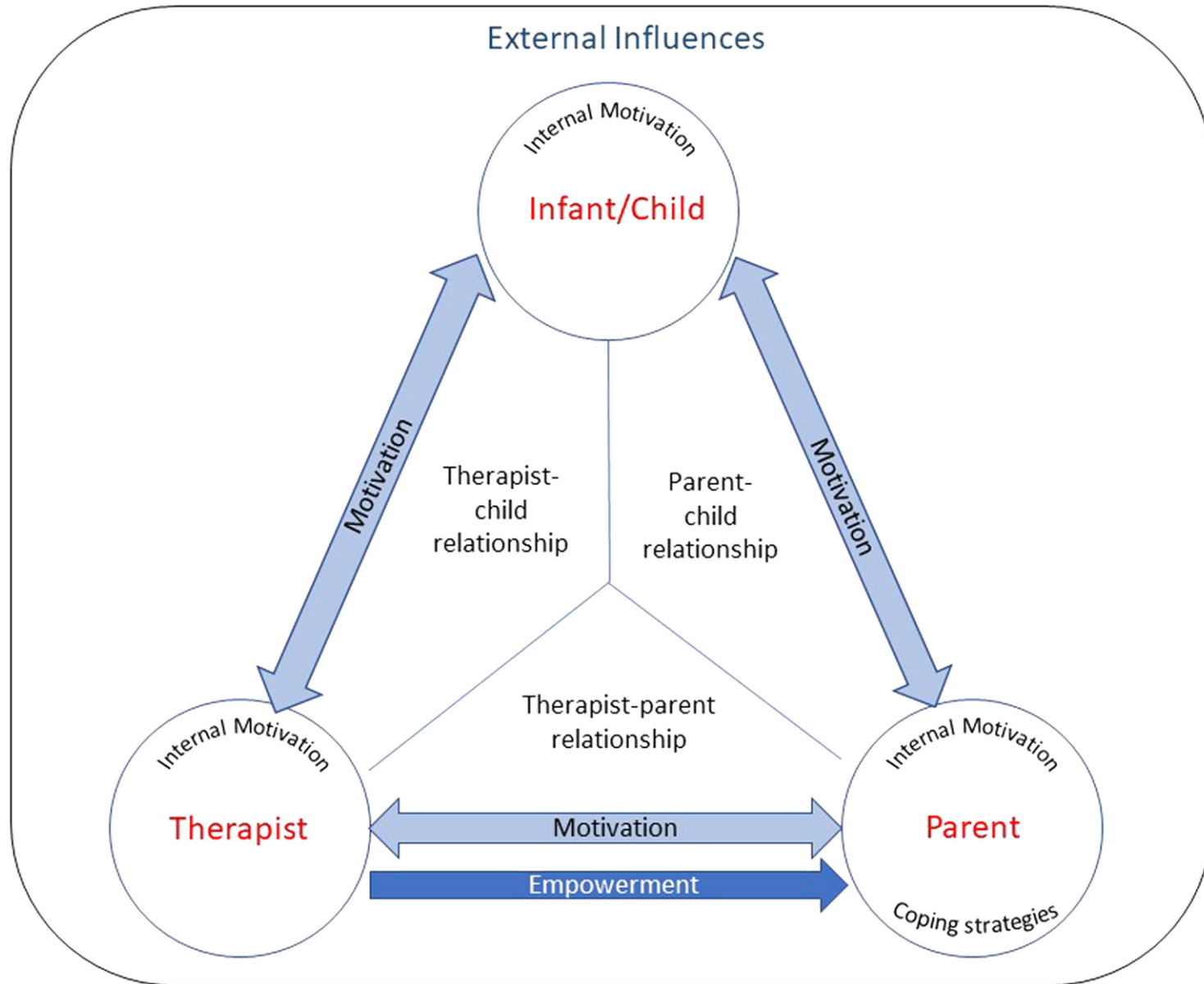
helping the child to achieve the highest level of independence possible so they can participate in activities with their families, peers, and community

Physiotherapy/ basic facts

12

- **Parents and family members become part of the process**
 - child + family members



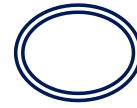


School Based

Physical Therapy Intervention Activities



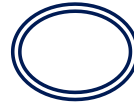
School-based physical therapy



- Several different schools
- Usually, no own dedicated space
- Playground: great place to work



Physiotherapy/ basic facts



Insurance coverage for pediatric physical therapy: E-Pathologie

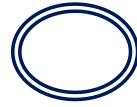


Uw patiënten die aan bepaalde zware aandoeningen lijden, kunnen genieten van een hogere terugbetaling voor hun kinesitherapie behandelingen en voor sommige specifieke verstrekkingen. Die zware aandoeningen zijn opgenomen in de 'E-lijst'.

Chronische auto-immune inflammatoire polyartritis:

- reumatoïde artritis
- spondyloartropathie
- juveniele chronische artritis
- systemische lupus
- sclerodermie
- primair syndroom van Sjögren
(volgens de definities aanvaard door de Koninklijke Belgische Vereniging voor Reumatologie)

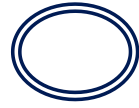
Physiotherapy/ basic facts



Communicate/collaborate

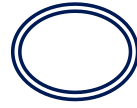
- child's school, day care guardians
- other outpatient therapists (occupational therapy)
- physicians (prescription-independent)

Physiotherapy



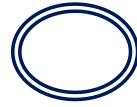
The role of physiotherapy is essential in **early detection** and then the management of JIA

Physiotherapy



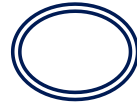
- During assessment the therapist must find out:
 1. the impact of JIA on the child's life
 2. home, school, hobbies
 3. the impact of JIA on the family life
 4. accommodation/support available (home and school)
 5. medication
 6. understanding of the disease
 7. examine the child
 8. therapeutic plan+ home program

Physiotherapy



- During assessment the therapist must find out:
 - the cause and duration of the swelling: when, where, what
 - the presence of stiffness first thing in the morning, pain at night
 - details of previous episodes of infection/fever

What Exercises Help Reduce Pain from Arthritis?



There are **four recommended forms** of exercising that a child can use to help reduce the pain that he/she is feeling from their arthritis

- range of motion exercises: prevention of ankylosis
- stretching
- strengthening exercises > atrophy quadriceps muscles
- cardiovascular fitness

- posture correction

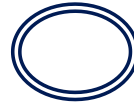




**Strengthening
Versus
Balance
Exercises for
Juvenile
Idiopathic
Arthritis**

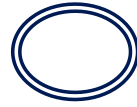


Aquatic Therapy



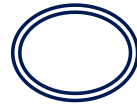
- increase low muscle tone
- decreasing the amount of weight they need to support
- challenging strength and balance

Physiotherapy for JIA



- Follow up
 - feasibility of the home program
 - assessing evolution
 - problem signalling
 - coaching
 - issue a report to the physician
 - frequency of sessions : depending on evolution
 - emotional relationship, keep contact

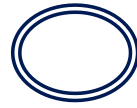
Technical support and occupational therapy for JIA



- shoe inserts (called orthotics)
- supramalleolar orthotics (SMO's) or ankle foot orthoses (AFO's)



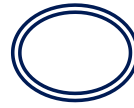
Technical support and occupational therapy for JIA



- insoles: shoe inserts (called orthotics) can correct differences in leg length and improve balance problems
- supramalleolar orthotics (SMO's) or ankle foot orthoses (AFO's)



Technical support



- **Braces/splints:**
 - help keep joints in the correct position and relieve pain and are commonly used for knees, wrists, and fingers
 - custom splints: usually made by an occupational or physical therapist
 - nighttime





■ Splint fabrication



Occupational therapy for JIA



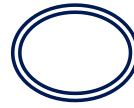
Technical support and occupational therapy for JIA

- Gadgets





Other support for children/families with JIA



- Sport

- motivatie ↔ beperken
- mag sporten: ouders geruststellen
- mogelijkheden in “gewone sport”



zwemmen, paardrijden