Iceland Liechtenstein Norway grants

"Working together for
a green, competitive and inclusive Europe"

"HE-RO-IS strategic cooperation in hematology"

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Curricula in hemophilia

Physiotherapy for the hemophilia joints

Hemophilia Joint Health Score 2.1

The Hemophilia Joint Health Score (HJHS) was developed to track an individual´s joint health over time.

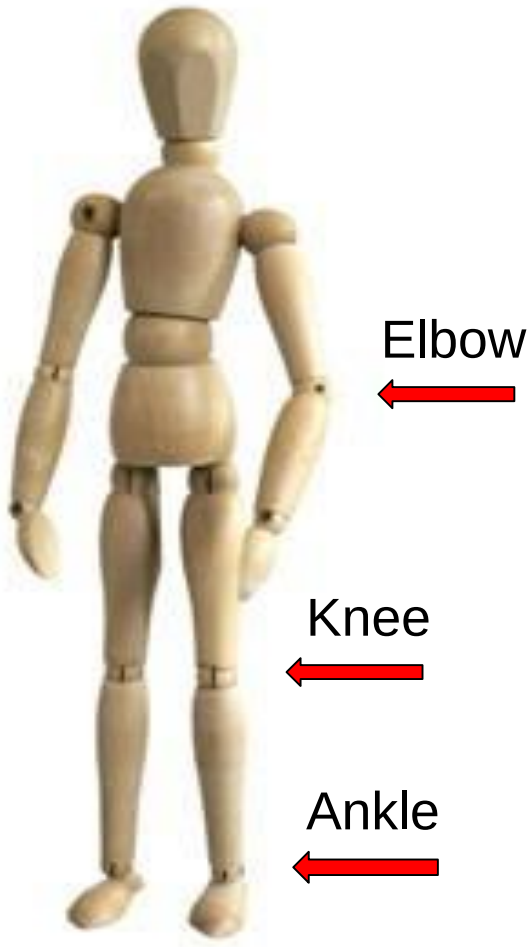
It is important to have a measurement of joint health.

Monitoring the long-term joint health provides important information for assessing the efficacy of current treatment.

Hemophilia Joint Health Score - HJHS

Bleeding in the joints is the most common complication with hemophilia.

Without treatment joint bleed can be joint destruction.



Hemophilia Joint Health Score - HJHS

The HJHS is designed for use by physiotherapists.

It is a physical examination of elbow, knee and ankle.

Each joint receives a numeric score which can be compared to itself over time.

- Reliable - Valid - Sensitive to changes

Hemophilia Joint Health Score 2.1

Examine a patient takes approximately 45 - 60 minutes.

- Examination table
- Goniometer
- Measuring tape
- Cushion
- Stair

Overwiew of points

Swelling	0 – 3 p
Duration	0 – 1 p
Muscle atrophy	0 – 2 p
Crepitus in motion	0 – 2 p
Flexion loss	0 – 3 p
Extension loss	0 – 3 p
Joint pain	0 - 2 p
Strength	0 – 4 p
Global Gait	0 – 4 p; walking, stairs, running, jumping on one leg

Swelling / Duration of swelling

Look at both joints at the same time to determine the amount or lack of swelling.

Muscle atrophy

Atrophy is defined as the reduction in size of a muscle. Look at the whole extremity as muscle groups should be in proportion to each other.

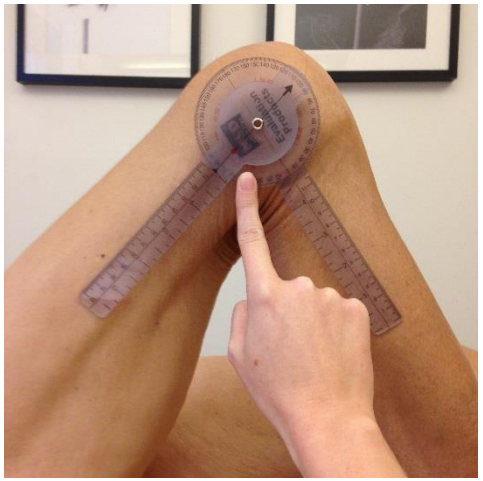
Crepitus of Motion

Crepitus is defined as the crackling sound or sensation during joint motion.

Hands should be placed on the joint while encouraging the patient to move actively through range of motion.

Range of Motion

Range of motion should be done consistently using the same standardized approach.



Joint pain

Joint pain should be assessed by moving the joint actively through range and by palpating over the joint line.

Strenght

Strength will be assessed using the Daniels & Worthingham´s scale.

Strength will be evaluated within the patient´s range of motion.

Global Gait

Ankle:

- Equal weight shift
- Heel-toe pattern
- Good plantar flexion push-off
- Steps of equal length
- Steps of equal cadence

Knee:

- Equal weight shift
- Heel strike with full knee extension
- Good knee extension on push-off
- Steps of equal length
- Steps of equal cadence

References

- Hemophilia Joint Health Score 2.1 Instruction manual
  International prophylaxis study group (IPSG)

- Daniels and Worthingham´s muscle testing. Techniques of manual examination HJ Hislop and JM Montgomery

- Measurement of joint motion: A guide to goniometry, Morkin, CC and White, DJ FA Davis company Philadelphia

Thank you!