

SECTION 2.1: JOINT SCORE CLINICAL

Section 2.1.2: Haemophilia Joint Health Score (HJHS)

Centre ID: _____ Patient ID: _____

Name of Physiotherapist _____

Date start _____ Time _____

| | Left Elbow | Right Elbow | Left Knee | Right Knee | Left Ankle | Right Ankle |
|--|------------|-------------|-----------|------------|------------|-------------|
| Swelling | _____ | _____ | _____ | _____ | _____ | _____ |
| Swelling Duration | _____ | _____ | _____ | _____ | _____ | _____ |
| Muscle Atrophy | _____ | _____ | _____ | _____ | _____ | _____ |
| Crepitus on motion | _____ | _____ | _____ | _____ | _____ | _____ |
| Flexion Loss | _____ | _____ | _____ | _____ | _____ | _____ |
| Extension Loss | _____ | _____ | _____ | _____ | _____ | _____ |
| Joint Pain | _____ | _____ | _____ | _____ | _____ | _____ |
| Strength | _____ | _____ | _____ | _____ | _____ | _____ |
| Joints Total | _____ | _____ | _____ | _____ | _____ | _____ |
| Sum of Joints Total | _____ | | | | | |
| Global Gait Score | | | | | | |
| (Non-Evaluable included in Gait Items) | | | | | | |
| HJHS Total Score | _____ | | | | | |

| Swelling | |
|--------------------|--------------------------|
| 0 | No Swelling |
| 1 | Mild |
| 2 | Moderate |
| 3 | Severe |
| Swelling Duration | |
| 0 | No Swelling or <6 months |
| 1 | ≥ 6 months |
| Muscle Atrophy | |
| 0 | None |
| 1 | Mild |
| 2 | Severe |
| Crepitus on motion | |
| 0 | None |
| 1 | Mild |
| 2 | Severe |

| Joint Pain | |
|---|---|
| 0 | No pain through active range of motion |
| 1 | No pain through active range only pain on gentle overpressure or palpation |
| 2 | Pain through active range |
| Strength (Using The Daniels & Worthingham's scale) within available ROM | |
| 0 | Holds test position against gravity with maximum resistance (gr.5) |
| 1 | Holds test position against gravity with moderate resistance (but breaks with maximal resistance) (gr.4) |
| 2 | Holds test position with minimal resistance (gr.3+) or holds test position against gravity (gr.3) |
| 3 | Able to partially complete ROM against gravity (gr.3/2+) or able to move through ROM gravity eliminated (gr.2-) |
| 4 | Trace (gr.1) or no muscle contraction (gr.0) |
| Global Gait (walking, stairs, running, hopping on 1 leg) | |
| 0 | All skills are within normal limits |
| 1 | One skill is not within normal limits |
| 2 | Two skills are not within normal limits |
| 3 | Three skills are not within normal limits |
| 4 | No skills are within normal limits |

| Flexion Loss | |
|--------------------------------------|---------|
| 0 | <5° |
| 1 | 5°-10° |
| 2 | 11°-20° |
| 3 | >20° |
| Extension Loss (from Hyperextension) | |
| 0 | <5° |
| 1 | 5°-10° |
| 2 | 11°-20° |
| 3 | >20° |

Note: There is an accompanying instruction manual and worksheets that are required when administering the HJHS

Comments

The HJHS is designed for use by physiotherapists. In order to maintain the precision and validity of the tool (score) the developers of the tool strongly recommend that the tool be used by physiotherapists /healthcare professionals who have hemophilia-related expertise/experience and have been trained in the use of clinical measures, musculoskeletal assessment and specifically administration of the HJHS.

It is essential for the physiotherapist to possess the required expertise and skills necessary to use anthropometric measures such as muscle testing and range of motion/ goniometry, as well as posture and gait assessment prior to performing the evaluation (HJHS).

¹ Adapted from WBDR / WFH (www.bleedingdisorderregistry.org)