

JIA Foot Care Programme

Assessment/investigation

Clinical Assessment

Diagnostic Ultrasound

Podiatry Assessment

Instrumented Gait Assessment

Physiotherapy Assessment

Intervention

Integrated multidisciplinary care plan including medical, podiatry and physiotherapy.

- Systemic drug management
- Intra-articular steroid injections
- Customised foot orthoses
- Muscle strengthening exercises
- Physiotherapy for proximal joint disease
- Routine podiatry care (skin and nail lesion care)
- Further referral

Outcomes

CHAQ/HAQ / Disease Activity Score / Glasgow Enthesitis Score / VAS pain / Joint examination

Semi-quantitative US score

JAFI / Structural index score / Active/Limited foot joint counts / gait parameters / resolution of skin/nail lesions.