

# Arthralgias

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## Diagnoses Commonly Associated with Arthralgias and Corresponding Symptoms:

### Rheumatologic

- Juvenile Idiopathic Arthritis: Symptoms lasting >6 weeks of joint swelling, limp, joint contracture, tenderness at several tendon insertion sites

### Not Rheumatologic

- Hypermobility: Hyperextension of painful joints commonly elbows, MCP's, thumbs, knees, and hips
- Flat feet: foot pain, difficulty standing on toes, leg and back pain, worsening foot pain with activity
- Fibromyalgia: generalized arthralgias, headache, difficulty sleeping, difficulty concentrating, tender trigger points
- Mood disorder: anxiety, depression

### Pre-referral evaluation and work-up

- Examine for the presence of additional symptoms associated with arthralgias: joint swelling, limited ROM, antalgic gait, hypermobility, flat feet, tender trigger points, anxiety, depression
- CBC, CMP, ESR, CRP

### When to refer to Rheumatology

- If patient has persistent joint swelling, persistent limp or joint contracture
- Pain affecting daily activity, morning stiffness, tenderness at multiple tendon insertion sites, abnormal labs
- Not all children with Juvenile Arthritis have abnormal labs

### How to refer to Rheumatology



Please call **720-777-6132** to make an appointment

### What records can referring providers send?

- Copies of relevant medical records and laboratory studies. If imaging studies have been completed, please send images on disk
- Complete list of all medications and treatments used to treat symptoms as well as a complete list of all medications taken
- Please fax medical records needed for upcoming appointments to **720-777-7341**

