Arthralgias

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