DIGITAL INFOGRAPHIC PACKET FOR CLASSROOMS

All About AMC: Learning Together!



- What is Arthrogryposis Multiplex Congenita *(pg. 2)*
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AMCSI

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What is Arthrogryposis Multiplex Congenita (AMC)?

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Arthrogryposis
➔ Curved Joints

Multiplex
➔ Multiple

Congenita
➔ Born with it

For short: AMC



FUN FACT

"AMC affects 1 in 3,000 people... That means 1 in 3,000 people were born awesome!"

How to Say “Arthrogryposis”

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Ar → “ARGHHH” like a pirate

Thro → “Throw a ball”

Gry → Rhymes with “Pie”

Po → Rhymes with “Poe” (like Edgar Allan Poe)

Sis → Short for “Sister”



FUN FACT

“Now you can say it like a pro!”

What AMC Looks Like

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- Some joints are stiff or curved
- Sometimes joints are “stuck” in one position
- Muscles may be smaller or weaker
- AMC can affect all joints in the body. You might be surprised that this can even include the jaw and spine, in addition to all the joints in the arms and legs
- Babies, teens, and adults live with Arthrogryposis.



FUN FACT

“There are more than 520 different types of AMC!”

AMC in Everyday Life *(Pt. 1)*

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This page explains what classmates might notice and how AMC affects day-to-day activities:

- People with AMC might move differently Some use wheelchairs, walkers, braces, or hand splints
- You may see students wearing casts or devices that help with movement
- Many kids with AMC have surgeries, casting, or therapy:
  - Physical Therapy *(PT)*
  - Occupational Therapy *(OT)*
  - Speech Therapy
- Most AMCers wear foot braces *(AFOs or KAFOs)* to stretch joints or help with positioning



AMC in Everyday Life *(Pt. 2)*

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- Some use speaking devices to communicate
- Others use adaptive feeding tools, like the a robotic feeding device, a raised surface for a plate or sandwich access, or special utensils
- Computers, dictation software, and speak-to-type programs may help AMCers with schoolwork
- Some AMCers need aides or nurses to help with restroom breaks, while others may have a one-on-one aide or paraprofessional to help them participate in class and meal activities



AMC in Everyday Life *(Pt. 3)*

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- AMCers may use a tool that helps them raise their hand in class
- Some AMCers have more than one diagnosis or disability, such as:
  - Autism
  - Vision differences including low vision and even blindness
  - Hearing differences
  - Other medical or developmental challenges
- AMCers have times that they miss school for doctors' appointments/ surgeries & return with casts/splints



FUN FACT

"Every AMCer is unique, and each one has different strengths, needs, and abilities!"

AMC Superpowers & Possibilities

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- AMCers are often described as:
  Smart • Tough • Resourceful
- AMCers grow up to be incredible people doing incredible things!
- We have AMCers who are:
  - Doctors and Nurses
  - Lawyers, Paralegals, Court Reporters, and Advocates
  - Athletes and Olympians
  - Artists, Musicians, Actors, and Professional Dancers
  - Entrepreneurs, Rangers, Accountants, Engineers & Educators
  - And More!



FUN FACT

"The sky's the limit!"

How to Be a Good Friend

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Tips for classmates:

- Ask before helping
- Be patient
- Include everyone
- Celebrate differences
- Be curious, not judgmental
- Share your similar interests



KINDESS REMINDER

"We're all unique and that's what makes us awesome!"

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Info Page For You To Fill In About Your AMCer

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Let's learn a little about me!

➔ My Basic Info

Name: _____

Age: _____ Grade: _____

Teacher: _____

Aide / Paraprofessional: _____

School: _____

➔ The Tools I Use

(Parents can list braces, splints, mobility devices, adaptive technology, etc.)

- ☐ Wheelchair
- ☐ Walker
- ☐ Hand Splints
- ☐ AFOs / KAFOs
- ☐ Speaking Device
- ☐ Feeding Device
- ☐ Computer / Dictation Tools

Other: _____

➔ Fun Facts About Me:

My favorite thing to do: _____

My favorite food: _____

Something I'm really good at: _____

When I grow up, I want to be: _____

➔ Things I will need support with: _____

_____

_____

➔ Ways to help me succeed: _____

_____

_____

_____

You Can Make a Difference!

➜ Every June, the world comes together to raise awareness for Arthrogryposis Multiplex Congenita (AMC).

- June 30th is Arthrogryposis Awareness Day
- The entire month of June is AMC Awareness Month

➜ How You Can Help

- Wear blue any day of the year to show your support
- Share what you've learned about AMC with friends, family, and your community
- Celebrate AMCers, whether it's on birthdays, school spirit days, or community events

➜ Stay Connected & Take Action

Your voice matters. Your support matters. Together, we make a difference.

➜ Learn more, access resources, and join our global AMC Community at:

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