



January 1, 2018

For Immediate Release

## **ARTHROGRYPOSIS SUPPORT GROUP HOSTS 9TH ANNUAL AWARENESS DAY**

On June 30th families across the globe will be wearing the color blue to honor those affected by Arthrogryposis Multiplex Congenita (AMC). This will be the ninth annual AMC Awareness Day sponsored by Arthrogryposis Multiplex Congenita Support, Inc. (AMCSI), a fully volunteer based 501(c)(3) nonprofit organization that also hosts an annual support and medical conference.

### **Quick Facts About Arthrogryposis Multiplex Congenita**

- Arthrogryposis is defined as multiple congenital (from birth) joint contractures or multiple joints that are stuck in one position and have very little flexibility.
- Arthrogryposis is an umbrella diagnosis, which means that it is part of many other conditions and syndromes. These conditions and syndromes are usually referred to as the type of arthrogryposis. Currently there are 400 identified types of AMC. Amyoplasia, Distal and Escobar Syndrome are the more common types (but they are still relatively rare within the general population). Some individuals never have their type of AMC identified.
- Arthrogryposis is not a newly identified condition. Adolph Otto officially described it in 1841. Literary evidence of arthrogryposis dates back as early as the 12th century. In 1642, a painting entitled "the clubfoot" located in the Louvre, portrays a beggar believed to have a form of AMC, though the specific type is still debated among experts.
- Stretching, various therapies (physical, occupational, speech etc.) and some surgical interventions can help improve someone's independence level and quality of life.
- Most children and adults who have a diagnosis of arthrogryposis are cognitively typical, meaning their IQ scores are normal or above normal. Some people with AMC will have some level of cognitive impairment.

Questions regarding the support group or to request more information about arthrogryposis should be directed to the organization's Board of Directors by emailing [amcsibod@gmail.com](mailto:amcsibod@gmail.com)