It can seem very daunting when you give birth to a baby with additional health needs, especially as many people may become involved in the care of your child and the management of their Arthrogryposis. Below is a list of some of the doctors, therapists and other professionals that you might come into contact with:

- **A health visitor** – to suggest practical ways of coping with caring for your child and to give you information and advice on day-to-day problems
- **An occupational therapist** – to support you in helping your child manage daily tasks, such as dressing, washing and going to the toilet. They can also give advice on – and sometimes arrange for you to be supplied with – aids, equipment and adaptations to your home to make life easier and to promote your child’s independence and mobility
- **A physiotherapist** – to provide treatment and advice to help increase joint and general mobility. They can also give you advice, for example on lifting your child correctly
- **A speech therapist** – to help children who have speech, language or communication problems
- **A child development centre or unit** – to assess your child’s developmental needs and organise therapy or services if appropriate
- **An orthopaedic consultant** – to provide treatment for bony or skeletal problems
- **A genetic counsellor or consultant geneticist** – to help identify the type of Arthrogryposis and whether it is a genetic condition
- **A consultant neurologist** – to identify and treat any problems of the nervous system
- **A paediatric consultant** – to generally oversee the healthcare received by babies and children. They will often make referrals to specialists
Joint contracture: fixed or stiff joint
KFOs: Knee and foot orthosis
Micrognathia: abnormal smallness of one or both jaw bones
Osteotamise / Osteotomy: (“bone cutting”) – a procedure in which a surgeon removes a wedge of bone near a affected joint
Orthosis: support of weak or ineffective joints or muscles with a splint, brace or calliper
Pathology: compilation of abnormalities
Plantigrade: foot flat to the floor, i.e. Foot at right angle to leg
Ponseti Method: treatment of clubfoot through manipulation and casting, followed by boots with a bar
Scoliosis: curvature of the spine
Splint: material or a device used to protect and immobilise a body part, i.e. in AMC to maintain or improve position of a joint
Talectomy: taking away some of the talus bone which is found in the heel of the foot
Talipes: clubfoot
Tracheotomy: the surgical operation of cutting into the trachea especially through the skin
Trismus: spasm of the muscles of mastication/jaw