

Helpful tips on working out with Arthrogryposis-

What is it-

- Arthrogryposis, also called arthrogryposis multiplex congenita (AMC), is a term used to describe **a variety of conditions involving multiple joint contractures (or stiffness)**. A contracture is a condition where the range of motion of a joint is limited. It may be unable to fully or partially extend or bend.

How does it impact a workout-

- Since some joints are stiff or fixed
- Might have less grip on hands
- Less stable on feet

How to modify

- Focus on the range of motion you do have
- Self spot on hands- use other hand to help guide the weight
- Lean against a wall or chair for assistance.