<table>
<thead>
<tr>
<th></th>
<th>Left Elbow</th>
<th>Right Elbow</th>
<th>Left Knee</th>
<th>Right Knee</th>
<th>Left Ankle</th>
<th>Right Ankle</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Swelling</strong></td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
</tr>
<tr>
<td>Duration (swelling)</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
</tr>
<tr>
<td><strong>Muscle Atrophy</strong></td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
</tr>
<tr>
<td>Crepitus on motion</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
</tr>
<tr>
<td>Flexion Loss</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
</tr>
<tr>
<td>Extension Loss</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
</tr>
<tr>
<td>Joint Pain</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
</tr>
<tr>
<td><strong>Strength</strong></td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
<td>NE</td>
</tr>
<tr>
<td><strong>Joint Total</strong></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

**Sum of Joint Totals**

**Global Gait Score**

**HJHS Total Score**

**Swelling**

- 0 = No swelling
- 1 = Mild
- 2 = Moderate
- 3 = Severe

**Duration**

- 0 = No swelling
- 0 - 5°
- 5° - 10°
- 11° - 20°
- 21° +

**Muscle Atrophy**

- 0 = None (from hyperextension)
- 1 = Mild
- 2 = Severe

**Crepitus on Motion**

- 0 = None
- 1 = Mild
- 2 = Severe

**Flexion Loss**

- 0 = No swelling
- < 5°
- 5° - 10°
- 11° - 20°
- > 20°

**Extension Loss**

- 0 = No swelling
- < 5°
- 5° - 10°
- 11° - 20°
- > 20°

**Joint Pain**

- 0 = No pain through range of motion
- 1 = No pain through range; only pain on gentle overpressure or palpation
- 2 = Pain through active range

**Strength** (Using the Daniels & Worthingham's scale)

- 0 = Holds test position against gravity with maximum resistance (gr.5)
- 1 = Holds test position against gravity with moderate resistance (but breaks with maximal resistance) (gr.4)
- 2 = Holds test position with minimal resistance (gr.3+)
- 3 = Able to partially complete ROM against gravity (gr.3-2+)
- 4 = Trace (gr.1) or no muscle contraction (gr.0)

**Global Gait** (walking, stairs, running, hopping on 1 leg)

- 0 = All skills are within normal limits
- 1 = One skill is not within normal limits
- 2 = Two skills are not within normal limits
- 3 = Three skills are not within normal limits
- 4 = No skills are within normal limits

**General Comments:**

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NOTE: There is an accompanying instruction manual and worksheets that are required when administering the HJHS.

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The HJHS is designed for use by physiotherapists. In order to maintain the precision and validity of the tool (score), the developers of the tool strongly recommend that the tool be used by physiotherapists/healthcare professionals who have hemophilia-related expertise/experience and have been trained in the use of clinical measures, musculoskeletal assessment and specifically administration of the HJHS.

It is essential for the physiotherapist to possess the required expertise and skills necessary to use anthropometric measures such as muscle testing and range of motion/goniometry, as well as posture & gait assessment prior to performing the evaluation (HJHS).