**Features suggestive of inflammatory joint or muscle disease include**

* Loss of skills (handwriting) or regression of achieved motor milestones.
* Pain at rest improving with activity.
* Pain or stiffness after periods of reduced activity (e.g. in the morning, after a long car journey, or after sitting still at school, sometimes called 'gelling').
* Muscle cramps with activity.
* Muscle weakness (may manifest as fatigue).
* Difficulty climbing stairs or difficulty rising from the floor – Gower’s manoeuvre (proximal muscle weakness).
* Muscle wasting or atrophy (suggests chronicity), seen in muscular dystrophy and Spinal muscle atrophy (SMA).
* Frequent falling (stumbling) may be a sign of muscle weakness.
* Slow eating or drinking with difficulty swallowing or chewing.
* Muscle tenderness: suggests inflammatory muscle disease.
* Joint Contractures: can be due to joint or muscle disease.
* Toe walking: can be a sign of neurological or muscle disease.
* Myotonia – delayed relaxation of muscles after contraction (e.g on shaking hands), associated with myotonic dystrophy.
* Pseudohypertrophy – classically involving calf muscles.
* Cardiac disease and/or arrhythmias – associated with muscular dystrophies.
* Family history (of muscle or cardiac diseases) – explore inheritance patterns (in muscular dystrophy and atrophy).
* Growth faltering more likely consistent with chronic inflammatory conditions.