An early and accurate diagnosis is key to effectively managing JIA. To diagnose JIA, the doctor will take a detailed medical history and conduct a thorough physical examination to look for joint swelling, eye problems and rashes. The doctor may order X-rays or blood tests to rule out other conditions or infections.

For inflammation and pain, your child's doctor may prescribe nonsteroidal anti-inflammatory drugs like ibuprofen (such as Advil or Motrin) and recommend a physical therapy program.

Maintain a healthy lifestyle

Once arthritis is controlled with medication, it is important to maintain a regular exercise program to help keep the muscles strong and healthy to support and protect joints and maintain range of motion.