



OPZ250 Mesleki Yabancı Dil I

1.Hafta

Medical Terminology &

Blount's Disease

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Medical Terminology



Blount's Disease

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Description

A progressive and excessive varus alignment and shortening of the legs due to partial fusion of the medial portion of the proximal tibia. There is a depression of the medial tibial plateau, causing joint incongruity and instability.

Etiology/Types

- _The result of a focal growth arrest of the medial proximal tibial physis
- _Progressively, this leads to internal rotation and varus deformity of the knee
- _Other names used to describe this condition include osteochondrosis deformans tibiae and tibia vara
- _Most commonly, this is a disease of adolescence and preadolescence, but there is an infantile presentation at 9 to 36 months

Clinical Features

- _Progressive bowing of the legs
- _Medial knee pain
- _Can be unilateral with significant leg length discrepancy

Natural History

- _Infantile presentation is at 9 to 10 months and is more severely progressive
- _Infantile presentation is more commonly bilateral
- _Standard presentation starts in the second decade
- _Initially there is progressive tibia vara with medial knee pain. Subsequently, there can be distal femoral deformities as well
- _Long term, there is an increased risk of osteoarthritis due to abnormal distribution of forces across nearby joints

Diagnosis

Differential diagnosis

- _Tibial plateau fracture
- _Osteochondritis dessicans
- _Osteoarthritis
- _Tendonitis
- _Physiological genu varus
- _Growth plate fracture

History

- _History of medial knee pain
- _Medial, proximal tibial tenderness
- _Leg length discrepancy
- _Clumsiness with walking and gross motor skills

Red Flags

- _Rapidly progressive bowing of the lower extremities
- _Genu varum with leg length discrepancy

Treatment /Orthotics

- _Brace worn during active play and at nighttime
- _Medial knee offloading device
- _KAFO (knee-ankle-foot orthosis)
- _HKAFO (hip-knee-ankle-foot orthosis)

Treatment /Surgical

- _Osteotomy ± pin fixation
- _External fixation 3
- _Epiphyseodesis
- _Osteotomies are performed before age 4 if possible
- _Surgical interventions in older children are often complicated by obesity