

## SEVERE INFANTILE BLOUNT'S DISEASE: A CASE REPORT

Chin Siang Leon<sup>1</sup>, Ker Hooi Fang<sup>1</sup>, Mohd Firdaus Hafni<sup>1</sup>, Zulkiflee Osman<sup>1</sup>

<sup>1</sup>Hospital Pulau Pinang

**Introduction:** Blount disease is a progressive form of genu varum due to asymmetrical inhibition of the medial portion of the proximal tibial epiphysis. The condition represents a spectrum of severity, in which the age of onset and the stage of disease determine the treatment for correction and prevent recurrence. There are two types; the infantile which appears before the age of 3 years and the adolescence which appears in children older than 10 years. It progresses into severe infantile Blount disease when the infantile disease is not managed early, the varus and the internal torsion of the tibia are accompanied by depression of the medial tibial plateau, which poses a challenge in management. Langenskiold and Riska had proposed elevating the medial plateau for cases of infantile Blount disease which presented late.

**Discussion:** 9 years old Indian girl with right infantile Blount's Disease. She presented with pain and bowing over right knee. She underwent corrective osteotomy of right tibia with fibulectomy. Post surgery, patient is pain free and ambulating well. During followup 1 years post surgery, patient complained of right knee pain after prolonged walking and noticed bowing recurred. On radiograph, it showed 43 degrees of medial plateau angle with united osteotomy site. Patient underwent removal of implant, medial tibia plateau elevation and valgus osteotomy of right tibia with fibulectomy. Post surgery, alignment was corrected without any limb length discrepancy and able to ambulate without pain.

**Conclusion:** Infantile Blount disease should be treated early once diagnosed in view of deformities are aggravated when the condition is left untreated. Plain radiograph might not able to fully appreciate the complexity of the deformity, hence CT scan can provide better visualization for pre surgery planning. Intraoperative arthrogram can also be considered to delineate articular surface and provide informations in two planes.