

## JUVENILE LEFT BLOUNT'S DISEASE - EARLY DIAGNOSIS AND TREATMENT

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### INTRODUCTION:

Blount's disease is a developmental disorder characterized by abnormal growth of the medial aspect of the tibial plateau and metaphysis, leading to progressive bowing of the legs. The disease is typically seen in children under the age of four. Surgical treatment options include tibial plateau elevation (TPE), proximal lateral tibial hemiepiphyseodesis and corrective osteotomy. Here, we present a case report of a 7-year-old boy with left Blount disease who underwent TPE and corrective osteotomy.

### REPORTS:

A 7-year-old boy presented to our clinic with progressive bowing of left leg since 5 years old. Examinations revealed severe left genu varum and radiographic evaluation revealed Drennan degree more than 20 degree over left knee. The patient was diagnosed with Blount's disease.

The patient was scheduled for left medial plateau elevation and left proximal tibia valgus osteotomy with fibula osteotomy under general anesthesia. Intraoperative arthrogram showed depressed left medial plateau cartilage more than 20 degree.

The surgical procedure involved elevating the depressed medial tibial plateau with fibula graft and correcting the angulation of proximal tibia by osteotomy. The osteotomy sites were fixed with plates and screw over tibia. Postoperatively, the patient was immobilized with a right lower limb cast for 6 weeks.



Fig. 1: Preoperative anterior-posterior view plain radiography of bilateral lower limb and intraoperative arthrogram of lower lower limb.



Fig. 2: Postoperative anterior-posterior view and lateral view plain radiography of left lower limb.

### CONCLUSION:

Blount disease is a rare disorder that requires early diagnosis and effective intervention such as TPE and corrective osteotomy, to prevent significant functional impairment.

### REFERENCES:

1. Khanfour AA. Blount's disease - an up-to-date insight with contemporary treatment guidelines deduced from critical analysis of a large 146 surgical case series. *J Pediatr Orthop B*. 2021 May 1;30(3):239-249.
2. Delniotis I, Leidinger B, Kyriakou A, Galanis N. Blount's disease: The importance of early diagnosis and early treatment. *Clin Case Rep*. 2019 May 20;7(7):1454-1455.