

Correction Of Congenital Hallux Varus With Preaxial Polydactyly And Syndactyly Bilateral Foot-A Case Report

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INTRODUCTION:

Congenital foot deformities encompass a spectrum of conditions affecting the development of the foot before birth. Among these, the rare combination of bilateral hallux varus in preaxial polydactyly and syndactyly bilateral foot presents a unique and challenging clinical scenario and surgical management.

REPORT:

4 years old female presented with polydactyly and syndactyly of bilateral foot associated with hallux varus with difficulty in wearing shoes. Physical examination revealed medial side of bilateral big toes almost right angle to other toes. Each lateral big toe was syndactylization with second digit and was smaller than medial side. Plain radiograph showed complete different set of proximal and distal phalanx but incomplete proximal metacarpal bone of lateral extraneous bone.



Figure 1: Pre-operative image and radiograph

The surgery was done at right foot first with removal lateral extraneous bone under tourniquet application. An oval skin incision was made over lateral extraneous toward to base of its metacarpal bone. The lateral extraneous of big toes was removed until its metacarpal bone and syndactyly released was done. The gap between metacarpal bone was reduced and correction of hallux was done and stabilized with K-wire. Ulnar collateral ligament of big toe was reconstructed. Similar surgery was performed at

the contralateral side. Postoperatively patient was put on below knee back slab. Upon follow the wound was healed with acceptable correction of big toe. She was put on below knee cast. Removal of wire was done after 6 weeks, and patient was allowed to weight bear.



Figure 2: Intraoperative k-wire and post operative image

Discussion: Careful clinical assessment and preoperative planning needed to achieve good surgical outcome while minimize complication. Avoid over correction than may compromised circulation of big toe.

CONCLUSION:

The successful correction of bilateral congenital hallux varus with preaxial polydactyly and syndactyly highlight importance of meticulous surgical management in achieving optimal outcomes.

REFERENCES:

1. Belthur et al. The Spectrum of Preaxial Polydactyly of the Foot. Journal of Pediatric Orthopaedics 31(4):p 435-447, June 2011