A Painless Swelling with Valgus-Ankle – Trevor Disease of The Ankle in A 1-year-Old

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INTRODUCTION:

Dysplasia epiphysealis hemimelica (Trevor disease), is a rare nonhereditary skeletal development disorder of childhood characterized by asymmetric growth of the epiphyseal cartilage. The disease can be locally aggressive at the ankle and can result in deformity or instability. We present a case of Trevor disease involving the medial aspect of distal and proximal tibia with associated valgus deformity of the ankle, its radiological presentation and plan of treatments.

REPORT:

A 1-year-9-months old boy presented with a painless swelling over the medial aspect of the right ankle for the past 7 months. The swelling was insidious in onset, and gradually progressive. It was associated with right ankle deformity. Physical examination revealed a hard bony swelling over the dorsomedial aspect of the right ankle measuring 4 × 3 cm, which was non-tender. There was valgus deformity at the ankle, and the range of motion over the ankle was bilaterally comparable. Plain radiographs showed multiple exostoses over the distal and proximal medial aspect of the tibia (Fig.1). Computed tomography (CT) scan confirmed the presence of exostoses originating from the tibia and the growth involving the antero-medial aspect of distal tibia over epiphyseal region (Fig. 2). Considering the progressive symptoms, subsequent magnetic resonance scan for preoperative evaluation was performed. Following that, he was planned for surgical excision.

CONCLUSION:

Trevor disease is characterized by asymmetric cartilage growth in one or more epiphyses, with the most common presentation over the ankle region and its course is aggressive. Even the treatment is not clearly defined in the literature, those that interfere with function should be treated surgically to prevent further pain, deformity and growth disturbance. This case highlights the diagnostic features of Trevor disease which prompt recognition and timely surgical intervention can help prevent morbidity and instability.

REFERENCES:

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