

Trevor's Disease in the Right Ankle of a Child: A Rare and Unique Case Report

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INTRODUCTION:

Dysplasia epiphysealis hemimelica (DEH), or Trevor's disease, is an exceptionally rare non-hereditary condition characterized by osteochondromas originating from the epiphyses, with a reported incidence of 1 in 1,000,000. Our case involves an 8-year-old boy with a rare deformity in his right ankle, diagnosed as Trevor's disease.

REPORT:

This is a case report of an 8-year-old boy with right congenital talipes equinovarus (CTEV) at birth, who was born full-term and had normal development milestones. At the age of 4 months, he received treatment with serial casting and tendo-Achilles release at another hospital but was lost to follow-up after age 3. Parents claimed the CTEV foot appeared normal after completing the Ponseti method.

He presented to us at 8 years old with recurrent right foot deformity. He exhibited residual CTEV features, including a short limb gait, standing on the lateral border of his right foot, equinus and varus ankle, inverted heel, supinated forefoot, midfoot cavus, and supination. He also presents with a 4 cm leg length discrepancy, a tight Achilles tendon, bimalleolar bony overgrowth, and a stiff ankle joint. This MRI revealed dysplastic changes in the distal tibia, medial malleolus, and talus. There was an osteocartilaginous mass impinging on the lateral distal tibial epiphysis, originating from the posterior aspect of the talar head.

Based on these findings, he was diagnosed with right talar Trevor's disease, a rare manifestation in conjunction with CTEV. Surgical excision and lengthening were planned to address the dysplastic bone and correct the deformities, highlighting the complexity of managing this rare presentation.



Figure 1

Figure 2



Figure 3

Figure 4

CONCLUSION:

Trevor's disease of the talus is a rare condition that requires a high index of suspicion for diagnosis. Surgical intervention can effectively manage symptoms and prevent complications, highlighting the importance of early recognition and intervention in these cases.

REFERENCES:

1. Arealis, Georgios et al. "Trevor's Disease: A Literature Review regarding Classification, Treatment, and Prognosis apropos of a Case."