Common Paediatric Presentations

Case Studies

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You examine 100 babies to find the 1 or 2 that need you..
But for the other 99, isn’t it nice to tell Mum her baby is perfect..
Tonight...

- 4 illustrative cases
  - Flat feet
  - Knee pain
  - Torticollis
  - Lump around the knee

- Simple history and salient points

- Review of some of the background for each problem

- Meant to be inter-active!!!
Are flat feet painful?..

- 10 year old boy
- Always had flat feet
- Left side now painful
- Mum constantly buys him new shoes
- Otherwise well
Tarsal Coalition

- Usually present when the bar ossifies, about 8-12 yrs
- Calcaneo-navicular
- Talo-calcaneal
- Cuboid-calcaneal
- 10% of population
- 40% bilateral
- Rigid painful flat feet
- Usually manage non-operatively but if continuing pain then operative treatment is indicated
A painful knee

- Large 14yr Tongan boy
- Keen League player
- Progressive right knee pain and limp over 12 months
- Regular Physio with intermittent improvement
• Slipped Upper Femoral Epiphysis (SCFE in North America)
• Disease of adolescence
• Growth plate widens during growth spurt and some factors then predispose to slip
• Obesity, femoral neck retroversion, endocrinopathies, trauma
• Key feature on exam is asymmetric and increased external rotation of the hip
A crooked neck

• 9 month boy
• Mum has noticed left sided head tilt all his life
• Normal birth and developmental history
• Systemically well
• No recent illness
• No history of trauma
Differential for torticollis

- Sternocleidomastoid tightness
- Infection (Grisel’s syndrome)
- Trauma (Rotatory subluxation)
- Ocular (Unilateral blindness/significant visual defect)
- Structural (C-spine anomaly)
- Tumour (Posterior fossa)
- Migraine/Benign Paroxysmal Torticollis
- Functional (exceedingly rare)
- Sandifer Syndrome (GORD – even more exceedingly rare)
Torticollis treatment

- If under 1 year of age
  - Early referral to Child Development team
  - Very successful
- If over 1 year of age
  - Ocular
  - Trauma
  - Post-infective
- If unusual history
  - Tumour
  - Migraine
  - Functional
- Surgical treatment can be very effective in the right patient
  - Either unipolar or bipolar release
A painful lump

- 12 yr girl
- Usually very active
- Pain around left proximal tibia
- Symptoms of catching and swelling with activity
- Slowly developing mass in the region
Examination features

- **Size?**
  - 2cm by 3cm

- **Tender?**
  - Yes

- **Mobile?**
  - No, feels deep to the deep fascia

- **Skin mobile/skin changes?**
  - Mobile with no skin markings

- **Tinel’s Sign?**
  - Negative

- **Adjacent joint function?**
  - Normal
Osteochondroma

- Most common benign bone tumour
- Usually solitary but can be systemic (MHE)
- Grow at a rate proportional to the adjacent growth plate
- Usually cause symptoms by virtue of their location
- Can cause significant mal-alignment in MHE
- Carry a malignant degeneration rate
- Estimated at 1-2% lifetime risk
- Monitor pelvic/thoracic lesions closely
KEEP CALM
IT'S QUESTION TIME