

Complete Information on Blount disease

Blount's disease is a growth disorder of the tibia (shin bone) that causes the lower leg to angle inward, resembling a bowleg. Blount's Disease is one which affects the bone development of toddlers and older children. Most often, it starts as bow-leggedness which does not improve in a child between two and four years of age. Blount disease can occur in growing children of any age and is classified into 2 groups (ie, early onset and late onset). Early onset is termed the infantile type. The late-onset group includes the juvenile form (in children aged 4-10 y) and adolescent form (in those aged 11 years and older) of the disease.

Juvenile tibia vara usually is discussed with the infantile type, and the remainder of this article addresses infantile and juvenile types as part of the broader grouping of the infantile type. This condition is more common among African-American children. It is also associated with obesity and early walking. Bow-leggedness in toddlers is particularly common most especially in those who walk at an early age and those who are slightly overweight for their age and height. Some children have the tendency, for unknown reasons, to develop bones which continue to bow. The bow-leggedness causes further bow-leggedness which perpetuates the problem.

The toes point obviously inward and some children even have a tendency to fall down more often with this infliction. When bow-leggedness and tibial torsion occur together it is a red flag g that it is probably Blount's Disease. Treatment depends on the age of the child and the severity of the varus deformity. Treatment can be categorized into operative and nonoperative. There are a variety of styles but the goal is the same to correct the abnormal development in the knee and hopefully straighten the leg. Once a brace has been designed for your child which involves making a cast of the leg and fitting it to your youngster.

Observation or a trial of bracing is used most frequently for children aged 2-5 years. However, progressive deformity usually requires osteotomy. If it does not do its job over a period up to 12 months or more, then corrective surgery is an option. Surgery may involve cutting the shin bone (tibia) to realign it, and sometimes lengthen it as well. Weight loss for overweight children may be helpful blount disease. Failure to treat Blount's disease may lead to progressive deformity. Blount's disease may come back after surgery, especially in younger children.

About the Author

Juliet Cohen writes articles for [health care blog](#). She also writes articles for [hairstyles gallery](#).

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