

Paediatric Orthopaedic Diagnosis: Asking the Right Questions

A child's musculoskeletal system is constantly growing and changing. This makes it important for parents to be aware of the signs and symptoms of common paediatric orthopaedic conditions so that they can seek medical attention promptly.

Some of the most common paediatric orthopaedic conditions include:



Paediatric Orthopaedic Diagnosis: Asking the Right Questions by Adolph Barr

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- **Clubfoot:** This is a birth defect in which the foot is turned inward and downward.
- **Developmental dysplasia of the hip (DDH):** This is a condition in which the hip joint does not develop properly.

- **Legg-Calvé-Perthes disease:** This is a condition in which the blood supply to the hip joint is interrupted, leading to damage to the bone.
- **Osteochondrosis:** This is a condition in which the cartilage in the joints breaks down.
- **Scoliosis:** This is a condition in which the spine curves to the side.

The symptoms of these conditions can vary depending on the severity of the condition. However, some common symptoms include:

- Pain
- Stiffness
- Swelling
- Deformity
- Limited range of motion
- Fatigue

If you notice any of these symptoms in your child, it is important to seek medical attention promptly. Early diagnosis and treatment can help to improve the outcome of these conditions.

Asking the Right Questions

When you take your child to the doctor for a paediatric orthopaedic evaluation, it is important to be prepared to answer some questions about your child's symptoms. The doctor will likely ask you about:

- When did the symptoms start?

- What makes the symptoms better or worse?
- Has your child had any injuries or accidents?
- Does your child have any other medical conditions?
- Is there a family history of orthopaedic problems?

It is also important to bring any relevant medical records or imaging studies to the appointment. This will help the doctor to make a more accurate diagnosis.

The Physical Examination

The doctor will likely begin the evaluation with a physical examination. The doctor will look for signs of deformity, swelling, and tenderness. The doctor will also check your child's range of motion and muscle strength.

Imaging Studies

The doctor may order imaging studies to confirm the diagnosis. These studies may include X-rays, MRI scans, or CT scans.

Treatment

Treatment for paediatric orthopaedic conditions will vary depending on the severity of the condition. Treatment may include:

- Observation
- Physical therapy
- Bracing
- Surgery

The doctor will work with you to develop a treatment plan that is right for your child.

Paediatric orthopaedic conditions are common and can affect children of all ages. It is important for parents to be aware of the signs and symptoms of these conditions so that they can seek medical attention promptly. Early diagnosis and treatment can help to improve the outcome of these conditions.

If you have any questions about paediatric orthopaedic conditions, please contact your child's doctor.



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