

Blount's KAFO a child friendly solution

Background

Blount disease is a developmental disorder characterized by disordered growth of the medial aspect of the proximal tibial epiphysis resulting in progressive lower limb deformity. Although it is also referred to as tibial varum (because the varus coronal plane deformity is most distinctive), the disease usually results in a multiplanar deformity of the limb. Blount disease can also be associated with a limb length discrepancy and, in some patients, deformity of the distal femur as well.

There are two types of Blount disease (early-onset and late-onset), based on whether symptoms begin before or after four years of age. Blount disease may occur in one or both legs and can lead to shortening of the affected leg and other changes within bones of the legs.

Current Treatment

Treatment may involve bracing with a solid unloading full length Caliper that limits all movement in the limb and reduces activities of daily living. The surgical intervention includes disruption of the growth plates and osteotomies which can negatively affect the normal limb development.



Doncaster and Bassetlaw Teaching Hospitals (DBTH) are making use of a revolutionary new brace in the treatment of a young patient.

Known as a Blount Knee Ankle Foot Orthoses (or KAFO for short), the innovative brace allows the wearer to undertake normal activity, without too much discomfort, while correcting leg alignment at the same time. Designed in America, this is one of the first cases in which the KAFO has been used in this country.



X-ray's show pre-bracing alignment and post 3 months brace fitting

As a team we're always looking to new technology to improve the care we give our patients. By making use of this alternative method of treatment it is just another example of our commitment to delivering continuous improvement and innovation for the benefit of all those in our care.