

JL: Is there an ideal age for intervening with guided growth for this condition? Are there patients who are too young or too old?

MD: Because these patients are at high risk of fracture, waiting can be a gamble. I recommend intervening early. In our subsequent experience, we have performed guided growth in a patient as young as 8 months of age. In young patients—especially those 18 months and younger—it can be useful to use an ankle arthrogram to appreciate the epiphyseal anatomy and confirm that the implant is extraarticular. For young patients, it may be necessary to use solid 2.7 mm screws. With respect to older patients, I continue to recommend this if there is growth remaining.

JL: Any comments on the proximal tibial valgus in these patients?

MD: I start with distal tibial guided growth and counsel patients and families that I will address the proximal tibial valgus at a later date, if needed. To date, I have only had one patient with residual proximal tibial valgus that required treatment.

JL: With this distal tibial guided growth technique, if there is a fibular pseudarthrosis, when do you address it?

MD: While there may be some improvement in fibular dysplasia with this technique for some patients, the fibular pathology often persists. I typically address the fibula once guided growth of the tibia is complete and the tibiotalar alignment is normal.

JL: With this distal tibial guided growth technique, if there is a fibular pseudarthrosis, when do you address it?

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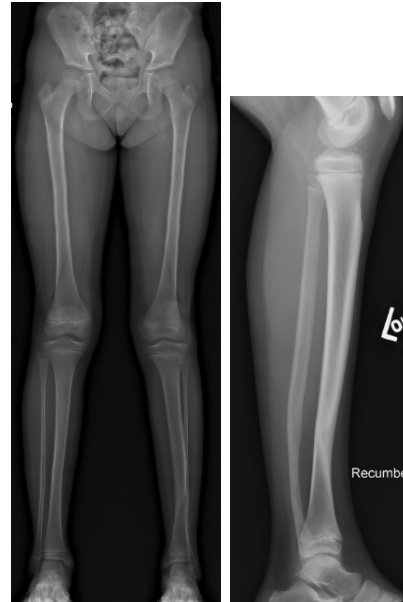


Figure 11. Nine years after initiation of treatment. Recanalization and corticalization progressing. At this point, AFO was discontinued.

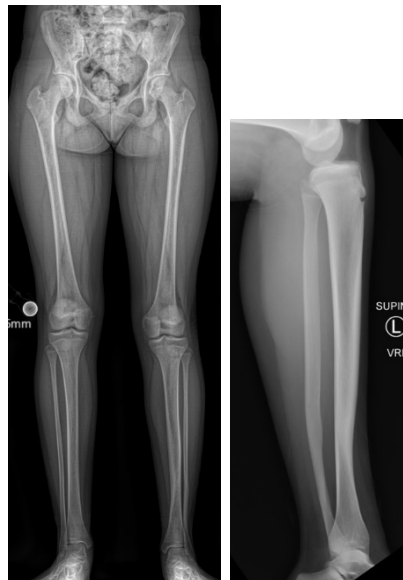


Figure 12. Ten years after initiation of guided growth. The patient is asymptomatic, nearing maturity, and avoids contact sports at surgeon's request. The cyst has resolved, marrow space and bone dimensions continue to approach normal with relative diaphyseal narrowing still present.



Figure 13. Clinical photos of the patient at the same clinic visit. She just turned 13 years old.