

The Child with a Sore Foot



ORTHOSPORTS

ORTHOPAEDIC & SPORTS MEDICINE SERVICE

Dr Rodney Pattinson
Paediatric and General Orthopaedic Surgery

History and examination

- Look
- Feel
- Move



ORTHOSPORTS

ORTHOPAEDIC & SPORTS MEDICINE SERVICE

Dr Rodney Pattinson
Paediatric and General Orthopaedic Surgery

Sesamoiditis

- Irritability, pain and tenderness beneath the 1st metatarso-phalangeal joint





ORTHOSPORTS

ORTHOPAEDIC & SPORTS MEDICINE SERVICE

Dr Rodney Pattinson
Paediatric and General Orthopaedic Surgery

Hallux valgus

- Surgery is contraindicated in adolescent and childhood hallux valgus





Dr Rodney Pattinson
Paediatric and General Orthopaedic Surgery



ORTHOSPORTS

ORTHOPAEDIC & SPORTS MEDICINE SERVICE

Freiburg's Infraction

- Pain and irritability at the second metatarsophalangeal joint



ORTHOSPORTS

ORTHOPAEDIC & SPORTS MEDICINE SERVICE

Dr Rodney Pattinson
Paediatric and General Orthopaedic Surgery



Dr Rodney Pattinson
Paediatric and General Orthopaedic Surgery



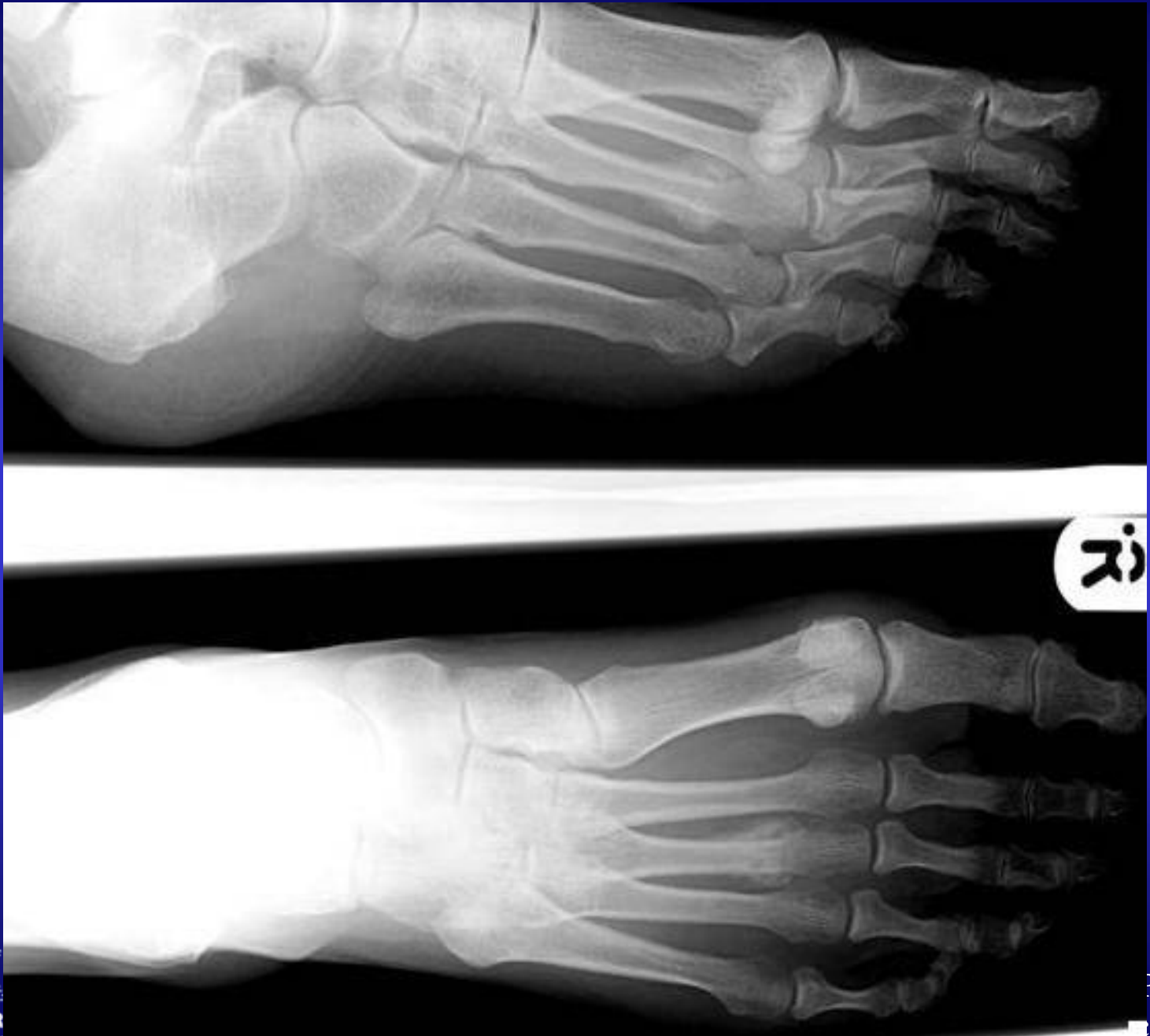
ORTHOSPORTS

ORTHOPAEDIC & SPORTS MEDICINE SERVICE

Stress or “march” fracture

- Pain and swelling and tenderness after a change in activity level





ORTHOSPOR

ORTHOPAEDIC & SPORTS MEDICINE SERVICE

Pattinson
Surgery

Kohler's disease



ORTHOSPORTS

ORTHOPAEDIC & SPORTS MEDICINE SERVICE

Dr Rodney Pattinson
Paediatric and General Orthopaedic Surgery

5 y.o. with a limp



ORTHOSPORTS

ORTHOPAEDIC & SPORTS MEDICINE SERVICE

Dr Rodney Pattinson
Paediatric and General Orthopaedic Surgery

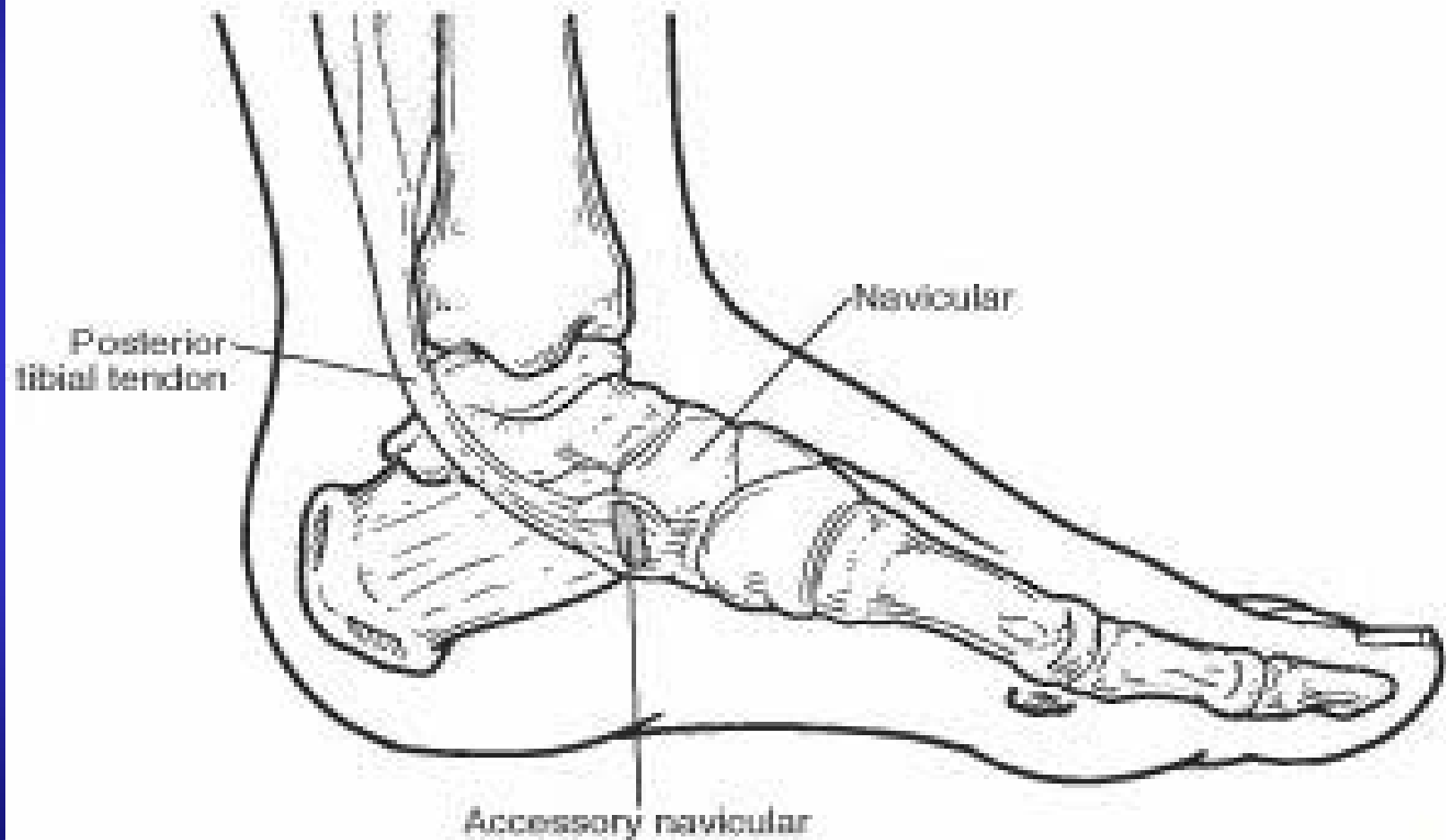


Accessory navicular

- Tibialis posterior attachment to the navicular, pain, swelling and tenderness







Dr Rodney Pattinson
Paediatric and General Orthopaedic Surgery

Apophysitis

- Base of 5th metatarsal at the attachment of peroneus brevis.



ORTHOSPORTS

ORTHOPAEDIC & SPORTS MEDICINE SERVICE

Dr Rodney Pattinson
Paediatric and General Orthopaedic Surgery



Dr Rodney Pattinson
Orthopaedic Surgery

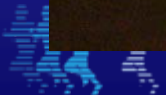


ORTHOSPORTS

ORTHOPAEDIC & SPORTS MEDICINE SERVICE



Dr Rodney Pattinson
Paediatric and General Orthopaedic Surgery



ORTHOSPORTS

ORTHOPAEDIC & SPORTS MEDICINE SERVICE



Arch strain

- Medial arch soreness, helped by a soft orthotic support



ORTHOSPORTS

ORTHOPAEDIC & SPORTS MEDICINE SERVICE

Dr Rodney Pattinson
Paediatric and General Orthopaedic Surgery

Tarsal Coalition

- Peroneal spasm with a flat foot and stiff subtalar joint.



ORTHOSPORTS

ORTHOPAEDIC & SPORTS MEDICINE SERVICE

Dr Rodney Pattinson
Paediatric and General Orthopaedic Surgery



Tarsal Coalition



©MMG 2006





ORTHOSPORTS

ORTHOPAEDIC & SPORTS MEDICINE SERVICE

Dr Rodney Pattinson
Paediatric and General Orthopaedic Surgery



Dr Rodney Pattinson
Paediatric and General Orthopaedic Surgery



ORTHOSPORTS

ORTHOPAEDIC & SPORTS MEDICINE SERVICE



Dr Rodney Pattinson
Paediatric and General Orthopaedic Surgery



ORTHOSPORTS

ORTHOPAEDIC & SPORTS MEDICINE SERVICE

Heel pain in children

- 10 to 12 y.o. with sore heels and limping, soccer and basketball



ORTHOSPORTS

ORTHOPAEDIC & SPORTS MEDICINE SERVICE

Dr Rodney Pattinson
Paediatric and General Orthopaedic Surgery



ORTHOSPORTS

ORTHOPAEDIC & SPORTS MEDICINE SERVICE

Dr Rodney Pattinson
Paediatric and General Orthopaedic Surgery

Os trigonum

- Posterior ankle pain with exercise, soccer and ballet, posterior impingement sign





Flat feet

- All infants and toddlers have fat, flat feet because they are flexible



ORTHOSPORTS

ORTHOPAEDIC & SPORTS MEDICINE SERVICE

Dr Rodney Pattinson
Paediatric and General Orthopaedic Surgery

Stiff flat foot

- Restriction of motion, pain and stiffness indicate a pathological process



ORTHOSPORTS

ORTHOPAEDIC & SPORTS MEDICINE SERVICE

Dr Rodney Pattinson
Paediatric and General Orthopaedic Surgery

Regional pain syndrome

- Pain level out of keeping with the cause, swelling, colour and temperature changes, skin tenderness
- Sympathetic system



Toddlers fracture

- 2y.o. who won't walk, look for tibial swelling and tenderness, x-ray may be inconclusive





The end.



ORTHOSPORTS

ORTHOPAEDIC & SPORTS MEDICINE SERVICE

Dr Rodney Pattinson
Paediatric and General Orthopaedic Surgery