

## Fifteen-years follow up of a patient with Blount's disease treated by Ilizarov

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### INTRODUCTION:

Blount's disease is a condition found in children that affects the growth plates around the knee joint. The cause of this abnormality is still not known. Treatment is difficult, and the results are often unpredictable. The Ilizarov technique has been used for treating Blount's disease only for about 20 years, and long-term follow up results are scarce. We present a fifteen-year follow-up of a patient treated by Ilizarov.

### MATERIALS & METHODS:

A 9-year-old boy with Blount's disease was planned for surgery in 2007. Surgery involved a one-time corrective osteotomies of the tibia and femur followed by gradual correction along with limb lengthening by the Ilizarov fixator.

### RESULTS:

The patient showed excellent results of surgery, and his gait improved. Follow-up over the years showed satisfactory results. At 15 years of follow up the gait is essentially normal. Review of videos from 2006 and 2022 show a remarkable improvement in the gait.

### DISCUSSION:

In this case, as with other reported cases in literature, the Ilizarov method provides good results in the treatment of Blount's disease.

### CONCLUSION:

The Ilizarov method gives excellent long-term results for Blount's disease.



Figure 1: Picture of patient in 2006



Figure 2: Picture of patient in 2022