

Table of Contents

Growth	Chapter 1
Normal Growth	1
Abnormal Growth	6
Evaluation	Chapter 2
<hr/>	
Establishing Rapport	11
History	12
Physical Examination	14
Growing Pains	17
Clinical Tests	18
Imaging	19
Gait Evaluation	20
Time Line	21
Joint Swelling	22
Management	Chapter 3
<hr/>	
Managing the Family	25
Shoes	28
Orthotics	29
Casting	30
Therapy	32
Surgery	34
Traction	36
Amplified Musculoskeletal Pain Syndromes	37
Lower Limb	Chapter 4
Leg Aches	39
Limp	40
Torsion	42
Leg Length Inequality	47
Genu Varum and Genu Valgum	50
Tibia Vara	52
Lower Limb Deficiencies	53
Foot	Chapter 5
<hr/>	
Growth	55
Evaluation	56
Foot Pain	57
Toe Deformities	59
Forefoot Adductus	60
Clubfoot	61
Flatfeet	62
Cavus Feet	64
Other Foot Conditions	65

Knee and Tibia

Chapter 6

Nomenclature	.67
Development	.67
Evaluation	.68
Knee Pain	.70
Intraarticular Disorders	.72
Patellofemoral Disorders	.73
Knee Flexion and Extension Deformities	.74
Tibial Bowing	.75

Hip

Chapter 7

General	.77
Evaluation	.78
Hip and Pelvic Pain	.80
Developmental Hip Dysplasia	.82
Legg-Calvé-Perthes Disease	.86
Slipped Capital Femoral Epiphysis	.88

Spine and Pelvis

Chapter 8

Normal Development	.91
Evaluation	.92
Congenital Deformities	.93
Back Pain	.94
Sagittal Alignment	.97
Spondylolysis and Spondylolisthesis	.98
Scoliosis	.99
Cervical Spine	104
Spine in Generalized Disorders	105

Upper Limb

Chapter 9

Development	107
Evaluation	108
Upper Limb Deficiencies	109
Torticollis	110
Neonatal Brachial Plexus Palsy	111
Shoulder	112
Elbow and Forearm	113
Wrist	114
Hand	115
Fingers	116
Hand Infections	117

Trauma

Chapter 10

Evaluation	119
Pitfalls in Diagnosis	121
Management Principles	124
Complications	128
Upper Limb Injuries	129
Lower Limb Injuries	130
Primary Care Management Guidelines	131

Introduction	133
Physiology	134
Injury Statistics	135
Prevention	136
Special Children	136
Injury Types	138
Overuse Injuries	140
Evaluation	142
Management Principles	144
Sport-Specific Problems	146
Foot and Ankle Problems	148
Tibia and Knee Problems	149
Hip, Pelvis, and Spine Problems	151
Upper Limb Problems	152

Infections

Chapter 12

Pathogenesis	153
Evaluation	154
Management Principles	156
Osteomyelitis	157
Pelvic Infections	159
Unusual Forms of Osteomyelitis	159
Septic Arthritis	160
Soft Tissue Infections	162
Tuberculosis	163
Meningococcal Infections	163
Chronic Recurrent Multifocal Osteomyelitis	163

Tumors

Chapter 13

Evaluation	165
Unicameral Bone Cysts	168
Aneurysmal Bone Cysts	168
Benign Cartilagenous Tumors	169
Benign Fibrous and Osseous Tumors	170
Miscellaneous Benign Tumors	171
Malignant Bone Tumors	172
Malignant Soft Tissue Tumors	173

Parent Education

Chapter 15

Questions Parents Frequently Ask	175
What Parents Should Know	176
Bowlegs and Knock-knees	176
Flatfeet	177
In-toeing	178
Shoes for Children	179
Conclusions	179

Index

Contents

Growth	1
Evaluation	2
Management	3
Lower Limb	4
Foot and Ankle	5
Knee and Tibia	6
Hip and Femur	7
Spine and Pelvis	8
Upper Limb	9
Trauma	10
Sports	11
Infections	12
Tumors	13
Parent Education	14
Index	15