

DOWN'S SYNDROME: ORTHOPAEDIC ABNORMALITIES IN ADULTS

Radiological changes in 129 adults age 20-59 years (USA). Severity of radiological changes not matched by clinical state. only 3% complained of pain. 5% required surgical intervention

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| • Diffuse degenerative changes in cervical spine | 33% |
| • Cervical subluxations at every level | 23% |
| - neurological sequelae rare | |
| • Scoliosis | 40% |
| • Degenerative changes in thoracolumbar spine | 21% |
| - probably secondary to scoliosis | |
| • Degenerative arthritis: | |
| hip | 10% |
| knee | 12% |
| foot | 18% |
| ankle | 5% |

(From: Christopherson et al (1986) *Orthopaedic abnormalities of adults with Down's syndrome*. Dev. Med Child Neurol. P103)

265 adults: Clinical and radiological assessment: Management issues discussed

Most critical problems:

- Severe hallux valgus
- Metatarsus primus varus
- Subluxation and dislocation of the patella
- Severe pes planus
- Atlanto axial subluxation
- Femoral head epiphysiolysis
- Dislocation or subluxation of the hips.

(From: Diamond et al (1981) *Orthopaedic disorders in patients with Down's syndrome*. Orthopaedic clinics of North America. 12 1 p57 –71)