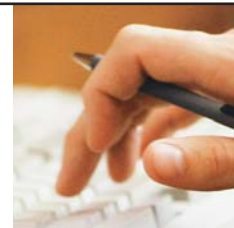




Swollen calf

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Case history

An elderly man presents with a sudden onset of a swollen and tender right calf.



Question 1

What is the most probable diagnosis?

Question 2

What investigations should be performed?

Question 3

What is the treatment?

ANSWERS TO JANUARY/ FEBRUARY BRAIN TEASER



Answer 1

Old Osgood-Schlatter disease with un-united fragment of tibial tuberosity.

Answer 2

Osgood-Schlatter disease (or tibial apophysitis) usually occurs in late childhood or early adolescence and is more common in boys. It may represent as an overuse disorder, with repetitive stress on the tibial tuberosity by traction from the

patellar tendon causing painful avulsion. If the intervening gap fills with fibrous tissue rather than bone, a painful nonunion will develop. Typical features are local swelling and tenderness, enlargement of the tibial tuberosity, and pain aggravated by direct pressure and quadriceps contraction (jumping).

Answer 3

Treatment consists of limiting running, jumping, and knee bending until tenderness and swelling subside. Other measures include icing the area, and the use of kneepads and anti-inflammatory medication. Osgood-Schlatter disease usually resolves with time and rest.

Answer 4

Conservative treatment with anti-inflammatory tablets and physiotherapy is appropriate. Surgery to excise the bony lump is possible, but scarring of the patellar tendon and possible subsequent functional problems and pain are of concern.

Send your answers to arrive by 21 March. A prize of 12 months subscription to 'eTG complete' valued at \$240 will be donated by Therapeutic Guidelines Ltd to the first correct entry drawn. The winner will be notified by mail and the answers published in the April issue.



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