E-Poster

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Rehabilitation of Rare Childhood Diseases: Case Series

Topic: Specific Target Groups (Children, Women, Elderly, Athletes, Musicians, Refugees, Ethnic Groups, Workers, and Others)

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BACKGROUND

Childhood physical disability adversely affects the psychosocial development of the child, which needs to be corrected as early as possible. It is my attempt to rehabilitate physical disability consequences of some systemic diseases.

CASE DESCRIPTION

Case 1- A three-year-old girl with a known case of Ehlers-Danlos syndrome presented with an inability to stand or walk. The child was assessed and found to have hypotonia with muscle wasting. Parents were taught about proprioceptive training, and KAFO was prescribed. Within four weeks, the child was able to stand with support and, within six months, able to walk independently with an orthosis.

Case 2- A two-and-a-half-year-old boy with a history of neonatal kernicterus with speech difficulty presented with complaints of being unable to stand even with support. He was assessed and found spasticity in both ankles with eversion. AFO and proprioceptive training were started. Within two weeks, the child could stand with support, and within six months of regular training, he could walk independently without any orthosis.

Case 3- A five-year-old child with a history of global developmental delay with an inability to stand. An ankle-foot orthosis was prescribed. Subsequently, balance training was initiated, and within six months, he could walk independently.

DISCUSSION

This case series showcased varied clinical presentations of rare childhood diseases. Clinical examination revealed children with an inability to walk or stand with support and abnormal tone in the lower limbs. Balance or postural stability is a dynamic process by which the normal position is maintained in equilibrium. Loss of balance and falling are problems that can affect individuals with a wide range of diagnoses. All these cases were referred from small peripheral hospitals to a tertiary care center for rehab care and support. Natural healing techniques like proprioceptive training may be beneficial in treating children with impaired standing balance, though they need regular follow-up and cooperation from the patient.

CONCLUSION

Childhood disability has a strong effect in terms of a psychological, social, and financial burden on parents and family members. Natural healing techniques like proprioceptive balance training may be very helpful in treating children with impaired standing balance, though they need regular follow-up and cooperation from the patient and parents.

Statement of Disclosures

None

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