E-Poster

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Interventional Rehabilitation in Arthrogryposis in Adults

Topic: Injections (Joint, Spine, etc.)

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BACKGROUND

Ultrasound-guided infiltration in coxofemoral arthropathy in a patient with hip dysplasia due to arthrogryposis. It is a clinical syndrome that occurs infrequently, affecting one in every 3,000 births. In this disease there are certain alterations that consist of the thickening and lack of elasticity of the joint capsules and artrophic muscle fibers with a certain degree of fibrosis and adipose infiltration. In addition to this, there is also the degeneration of the cells of the anterior horns of the spinal cord.

CASE DESCRIPTION

A 29-year-old woman with arthrogryposis functionally dependent on a wheelchair while moving, being able to walk short distances at home with two crutches with great difficulty. She exercised in the pool regularly. Joint pain in the left hip of four years of evolution in follow-up by her family doctor, traumatology and neurology with radiography showing hip dysplasia.

DISCUSSION

After four years of coxalgia, she lost the functionality of walking at home, she was evaluated by a rehabilitation doctor indicating exercise and performing analgesic ultrasound-guided infiltration, reducing her pain. Subsequently, ultrasound-guided infiltration with hyaluronic acid is performed, recovering the ability to walk with two crutches progressively.

CONCLUSION

It´s essential to achieve functional objectives in rehabilitation. To this end, it is very important to correctly apply medical treatments that favor the correct control of pain. The performance of minimally invasive interventional techniques guided by ultrasound allows physical therapy to be performed on the patient in an appropriate way.

Statement of Disclosures

None

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