

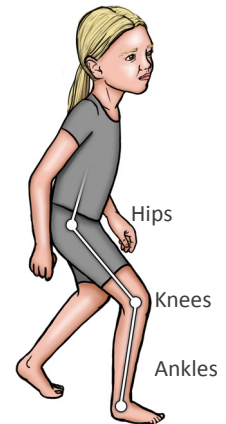
What to Expect from a Guided Growth Procedure

WHAT IS A GUIDED GROWTH PROCEDURE?

A guided growth procedure is a surgery that can help a child who has uneven bone growth in their legs. The surgery can improve a child's ability to walk, move, stand or sit.

An orthopedic surgeon may suggest this procedure for children with conditions such as a crouched posture, bowlegs, knock knees or legs that are different lengths. Stopping the growth in part of the bone allows a different part of the bone to catch up.

Only children who are still growing benefit from a guided growth surgery. Your orthopedic surgeon can determine if your child will grow enough for the procedure to be helpful or if it is better to look at other treatment options.



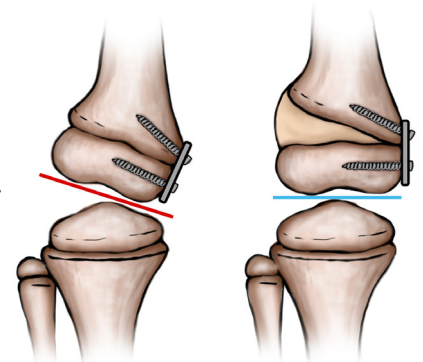
Guided growth procedures improve alignment.

WHY SHOULD MY CHILD HAVE A GUIDED GROWTH PROCEDURE?

- To improve their walking, standing or moving
- To help their posture or body alignment
- To even out or straighten specific bones
- To reduce pain

ABOUT GUIDED GROWTH PROCEDURE

In a guided growth procedure, the surgeon attaches a small plate and/or screw to your child's bone. Growth is stopped or slowed where the plate is attached allowing the other parts of the bone to keep growing to even out the differences. Improvements happen slowly as your child grows.



Screws and plates stop growth where needed.

RECOVERING AT HOME

Generally after a guided growth procedure, your child will be able to put weight on their feet as tolerated. Your care team will let you know of any restrictions, and they will go over instructions for bathing, dressing and moving around safely after surgery.

Follow the surgery team's instructions about which activities your child can do while they are healing. Make sure to avoid over stretching or high-impact activities, such as running and jumping, during the healing process.

It is common to have leg pain or be uncomfortable in the first few weeks after surgery. Your child may also have spasms as their leg heals. It will take about a month before your child is able to return to their previous level of function.

FOLLOW-UP APPOINTMENTS

An appointment for the care team to check the wound will take place a few weeks after surgery. Over time, the surgeon watches your child's growth and overall progress. The plates/screws can be removed when your child's growth goals are met or your child stops growing. In some cases, the hardware does not need to be removed after your child has grown.



Before surgery

After surgery

Please contact your care team if you have any questions or concerns after surgery.

Guidance for Your Therapist and Care Providers: Post-Op

GUIDED GROWTH

Immediate Post-Op Through Return to Prior Level of Function

RESTRICTIONS

- Weight bearing as tolerated (WBAT)
- Activity limited by pain
- Avoid impact activities (running, jumping, skipping, hopping) for 4 weeks

IMMOBILIZATION

- None

THERAPY FOCUS

- Continue current plan of care with limitation of impact activities for 4 weeks

CRITERIA TO PROGRESS BACK TO ACTIVITIES

- Uneventful healing of the surgical tissues