

RICKETS

Clinical Diagnosis

- Bone pain or tenderness, dental problems, muscle weakness (rickety myopathy or "floppy baby syndrome" or "slinky baby", increased tendency for fractures
- Skeletal deformity
- Genu varum, Genu Valgum, Cranial, spinal, and pelvic deformities
- Growth disturbance
- Tetany, Craniotabes, Costochondral swelling "rickety rosary", Harrison's groove
- Double malleoli sign due to metaphyseal hyperplasia
- Widening of wrist raises early suspicion, it is due to metaphysial cartilage hyperplasia

Investigation

- Alkaline Phosphatase
- Serum Calcium
- Serum Phosphorus
- X rays
- 25 hydroxy – Vit D level
- 1,25 – dihydroxy- Vit D level
- 24 hours urinary Ca and Phosphorus levels

Treatment

- Replacing calcium, phosphorus, and vitamin D
- Exposure to moderate amounts of sunlight is encouraged
- Positioning or bracing may be used to reduce or prevent deformities
- Skeletal deformities may require corrective surgery later on