Congenital Genu Recurvatum: A Rare Case Report

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Abstract:
Congenital genu recurvatum is a rare malformation characterized by hyperextension of the knee and marked limitation of flexion.¹ We report a case of a newborn baby with hyperextension of Right knee joint and anterior dislocation of tibia on femur. Radiograph revealed anterior dislocation of tibia on femur. Gentle manipulation followed by above knee POP slab was used on the fourth day of life. The slab was removed in three weeks.

Keywords: Genu recurvatum, Subluxation of knee, Congenital dislocation of knee, Hyperextension of knee

Discussion:
Congenital genu recurvatum is an uncommon condition that can present in two different forms, namely, congenital hyperextension, with anterior subluxation of the tibia on femur, and congenital hyperextension with anterior dislocation of the knee joint on the tibia. Hyperextension is frequently present in normal knees of a breech baby.²

The position in utero may influence the development of dislocation of the knees when the fetus is in breech position. Congenital dislocation of the knee, first described in 1922, is a rare condition, and is sometimes associated with other congenital malformations.³,⁴

Diagnosis is made by physical findings of hyperextension and anterior displacement of the tibia. A radiograph confirms the diagnosis.

Case report:
We are reporting a case of full term baby girl born by normal vaginal delivery, presented with extreme hyperextension of Right knee. Right knee was straightened passively. There were no associated anomalies. (Fig 1)

Both hips were normal. Radiograph revealed anterior dislocation of tibia on femur. (Fig 2) Gentle manipulation followed by above knee POP slab was used on the fourth day of life. The slab was removed in three weeks. In three weeks, the knee adopted a normal shape. The slab was discontinued and the mother was advised to continue passive stretching. A follow up at the age of one month showed normal position of the knee.

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References:


