

A Closer Look at Orthopaedic Issues

Shelby was diagnosed with CdLS in 1997 at the age of five. She is now 20 years old and has grown into a fine young lady. Along the way we have had many obstacles to overcome. Thank goodness they have not happened all at once. One issue in particular is Shelby's orthopaedic needs.

Shelby did have issues, once she began to walk, at 18 months with tiptoeing. This continued for several years until we took her to an orthopaedic specialist in Evansville, IN. He fit her for some orthotics that she was to wear at all times during the day whenever possible. She was in these several months when he approached us and said that he thought she probably needed surgery to fully correct the problem. He then recommended we see some orthopaedic specialists in St. Louis, MO, at the Shriner's Hospital.

Within a couple of months we had the paperwork in and a surgery date set. Shelby did very well throughout the surgery. Post surgery she learned to walk in full walking casts all the way up to her mid-thighs. She didn't want anything to do with the crutches or walker that was available to her. Within about six weeks time she had gone from full casts to half casts. She did excellent. There were some exercises involved but those were all shown to us by professional staff at the hospital.

As of today many years later, we have had no other orthopaedic issues. Shelby is 100 percent mobile and walks, runs, bikes, dances, and even swims.

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