

Paediatric Ulnar Longitudinal Deficiency due to multiple hereditary exostoses result of Ulnar lengthening by ilizarov external fixation.

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Introduction. Multiple Hereditary Exostoses (MHE) is a rare bone disease when involve ulna can cause ulnar shortening and derangement of wrist biomechanics. Ulnar lengthening can solve both the issue of shortening and wrist deviation, cosmesis.

Material and method: In National Institute of Traumatology & Orthopaedic Rehabilitation (NITOR), Bangladesh and private setting, we have operated 6 cases of MHE. among then one was bilateral ulnar lengthening and 5 was single deformity. All are treated by ilizarov external fixation and lengthening of ulna were done by osteotomy. Ring were kept for 12-14 weeks, in one case TENS were used for decreasing frame time.

Result: After the removal of ring, wrist deviation was corrected greater amount, ulna is lengthened. hand function were improved significantly.

Conclusion: In MHE ulnar lengthening is good option for preserving the wrist bio mechanism and prevention deviation and cosmesis.