Orthopaedic Manifestations of Rett Syndrome

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Rett Syndrome

- Rare encephalopathy affecting female children that appears in the first 18 months of life
- Often is a diagnosis of exclusion
  - Global developmental delays
  - Autism
  - Hand wringing movements

Common Questions

- What will make her sit up?
- What braces does she need?
- What physical therapy does she need?
- What will make her walk?
- How do we prevent scoliosis?

Clinical Stages
&
Orthopaedic Manifestations

Stage I

- Early Onset Stagnation
  - Onset age 5-18 months
  - Developmental progress delayed but not significantly abnormal
    - Delay in sitting independently
    - Delay in pull to standing
    - Scooting across the floor on the buttocks

Stage I

- Orthopaedic Manifestations
  - Poor sitting balance
  - Hip dysplasia