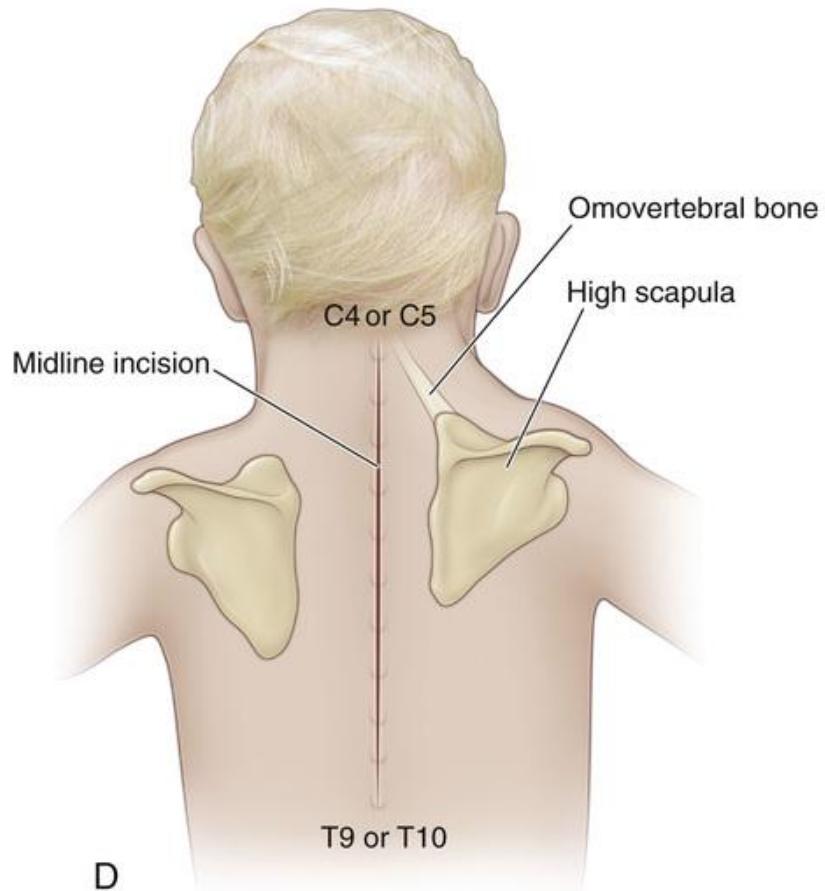


## Sprengel's Deformity



### What Is Sprengel's Deformity?

Sprengel's Deformity is a rare congenital condition where one shoulder blade (scapula) sits higher on the back than normal. It happens when the scapula doesn't descend properly during early fetal development.

### Key Features

- One shoulder appears higher than the other

- Limited shoulder movement, especially lifting the arm overhead
- The affected shoulder blade may be smaller or rotated
- Sometimes a bony or fibrous connection (called an *Omo vertebral bar*) links the scapula to the spine

### How Common Is It?

- It's rare, affecting about 1 in 10,000 live births
- More common in girls than boys
- Often occurs on the left side, but can affect both shoulders

### Associated Conditions

Sprengel's Deformity may occur alone or with other conditions, such as:

- Klippel-Feil syndrome (fusion of neck vertebrae)
- Scoliosis (curved spine)
- Rib or kidney abnormalities

### Page 2: Diagnosis, Treatment & Support

### How Is It Diagnosed?

- **Clinical examination:** Noticing shoulder asymmetry and movement restriction
- **X-rays or MRI:** To assess scapula position and any omovertebral bar
- **Referral to orthopaedics:** For specialist assessment

### Treatment Options

Treatment depends on severity and impact on function:

#### Non-Surgical

- **Physiotherapy:** To improve shoulder mobility and posture
- **Monitoring:** For mild cases with good function

#### Surgical

- Considered for moderate to severe cases, usually between ages 3–8
- **Woodward or Green procedures:** Lower the scapula and release tight tissues
- Aims to improve shoulder function and appearance

### What to Expect

- Most children lead active lives
- Early intervention supports better outcomes
- Surgery can improve arm movement and shoulder symmetry, though full correction may not be possible

#### Support for Families

- Your child may be referred to a paediatric orthopaedic team
- Physiotherapists can support movement and confidence
- Ask your clinician about local support groups or charities