

Orthopedic Complications of Childhood Obesity: The following is a summary of the article of the same name, contained here on the web site.

PHYSICAL THERAPY has a role in the care of Childhood Obesity through appropriate exercise opportunities (providing individual or group care, education of home programs), and coordination with parents, doctors, providers of weight management, and providers of psychological/social counseling.

Obesity continues rise in children leading to medical & orthopedic problems in adults. Orthopedic issues can involve PHYSICAL THERAPY, while all other issues complicate the medical and physical therapies provided.

Medical issues include:

- Obesity in childhood is associated with excessive weight in adulthood.
- Cancer, Heart Disease, Respiratory Disorders, including sleep apnea (breathing stops), Diabetes.

Other issues include:

- Low self-esteem, discrimination, and other psychological/social issues.

Orthopedic Issues include:

- Chronic Back Pain with and without fractures in the spinal structures.
- Degenerative Arthritis, usually in the back and lower extremities.
- Abnormal walking patterns and impaired balance.
- Increased fractures, believed to be associated with reduced bone mineral content, balance issues, poor physical conditioning and excessive weight causing more force at impact.
- Altered growth of the Bones in general and specifically the:
 - Spine
 - Femur (Thigh Bone at the Hip) something called Slipped Capital Femoral Epiphysis, which is essentially a fracture where the bone grows.
 - Tibia (Shin Bone), where the bone grows with abnormal curves.