

# CLINODACTYLY

Clinodactyly is an abnormal bend in the middle bone of the fingers or toes. This abnormality occurs very early in life before the baby is born. The little finger and the fourth and fifth toes are most commonly involved. It usually affects both hands or both feet. There is often a strong pattern of family inheritance. Clinodactyly is also frequently seen in children with Turners syndrome, Russell-Silver syndrome, Cornelia de Lange syndrome, as well as trisomy 18 and 21.

The pediatric orthopedic surgeon will determine if the “bent” digit is interfering with flexing of the finger(s) or grasping of objects. X-rays may be obtained to determine if the deformity is likely to remain mild or get worse. If a more severe bony deformity, such as a “bracketed delta phalanx” is present, this could lead to severe overlapping between the little and ring fingers and affect one’s grip.



The finger may be surgically realigned by cutting the abnormal bone (the middle phalanx) into two pieces and straightening the bone. However, most children are not felt to be a candidate for this procedure until about school age when limitations in their activities may be better defined. In the foot, the deformity rarely affects shoe wear and therefore, it is extremely uncommon to recommend surgery.



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