



POSNA

The Core Curriculum

Juvenile osteoporosis

Objectives

1. Describe the clinical features of (idiopathic) juvenile osteoporosis
2. Discuss the natural history of juvenile osteoporosis

Discussion point

1. What is the role of spine bracing for children with juvenile osteoporosis?

Discussion

Idiopathic juvenile osteoporosis is an ill-understood condition that most often has an onset between ages 8 and 14. Presenting symptoms are long bone fractures, back pain, and difficulty walking. Typically, radiographs demonstrate compression of the vertebra and the metaphyses of long bones. In a recent study, the defect appeared to be secondary to osteoblast dysfunction, children with juvenile osteoporosis have a markedly decreased bone volume and low bone turnover. A previous study had concluded to the contrary. The outlook for spontaneous recovery is good, usually in 2-4 years or at skeletal maturity, but protracted disability has been reported in a small number of adults. Bracing of spinal deformity, a reasonable concept, has been recommended, but the experience is small.

References

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