

Limb Lengthening - experience

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Leg length discrepancy

(長短腳)

有一公分就該做手術

舊觀念

< 2 cm → 不用治療

▶ 2-6 cm → 用 鞋子鞋墊長久有後遺症

▶ 一輩子 都麻煩



長高手術順便治療長短腳 一兩公分長久會有後遺症

不治療 - 長久有後遺症

- ▶ 走路時左右搖晃，容易疲累
- ▶ 兩側肩膀或屁股高低位置不一樣
- ▶ 成人一、兩公分內可能不自覺
- ▶ 髖關節脫臼、骨折、生長板損傷、感染、半身肥大/萎縮症
- ▶ 脊椎側彎或膝、髖關節早期退化

11歲男生左腳長3公分

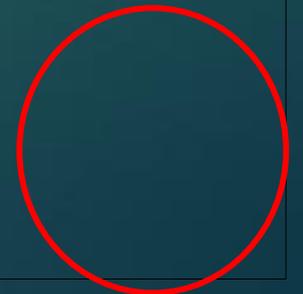
髖關節發育不良



腰椎側彎

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2025/5/12



11歲男生左腳長3公分治療後長高6公分及抑制
1年10月，生長板完好、脊椎側彎改善

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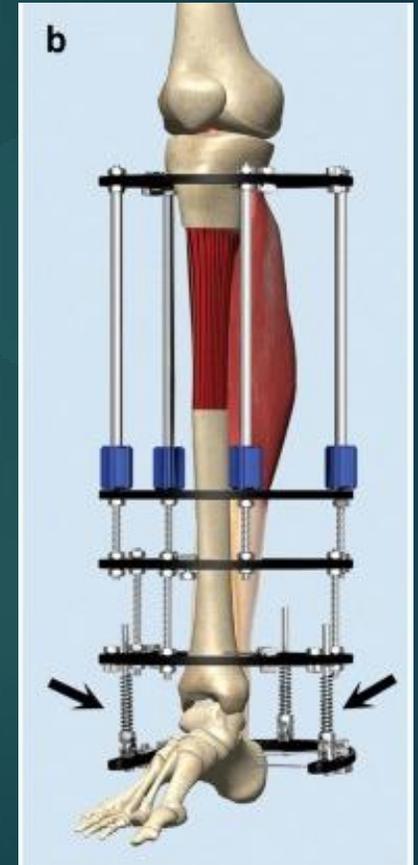


Bone lengthening (骨延長術) Preoperative Evaluation

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手術後七天開始延長
一天1mm
數個月長高10公分

- Clinical examination
- X-ray and other imaging study
- **Psychological readiness**
- **Family support**
- History of pain tolerance and narcotic use
- Goal and expected outcome
- **Smoking history**



Preoperative Education

- How the device work
- Pin care
- Distraction
- Watch for neurovascular complications
- Physical therapy and Participation in normal life activities
- Goal and expected outcome
- X-ray check for progression of bone distraction and healing
- **No smoking**
- No swimming, but patient is allowed to take shower once surgical wound is healed
- Partial/ full weight bearing

美容增高

增高 13 cm (165→178 cm)



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人長高的問題

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- ▶ 1. 什麼年齡可以做
- ▶ 2. 前中後的復原如何治療
- ▶ 3. 做完後一樣可以運動嗎
- ▶ 4. 會部會有復發症
- ▶ 5. 甚麼人不可以做
- ▶ 6. 幾歲做最好
- ▶ 7. 有沒有成功案例的 before/after
- ▶ 8. 術前要吃甚麼藥品
- ▶ 9. 術後要吃甚麼藥品
- ▶ 10. 開刀有什麼器材可以選擇嗎
- ▶ 11. 術後建議一年內怎麼包醫療項目做修復
- ▶ 12. 每年都要回來複診嗎
- ▶ 13. 做完會不會再變矮
- ▶ 14. 做完手術要做什麼復健運動
- ▶ 17. 醫生的實際成功案例
- ▶ 18. 後遺症有嗎
- ▶ 19. 在台灣做成人增高的病例多嗎

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