

RESTRICTED GROWTH

Restricted growth, sometimes known as dwarfism, is a condition characterised by unusually short height. There are two main types of restricted growth: proportionate short stature (PSS) - a general lack of growth in the body, arms and legs and disproportionate short stature (DSS) - the arms and legs are particularly short. Sometimes children with restricted growth may have bowed legs or an unusually curved spine. Some children with Achondroplasia may experience medical complications, e.g. glue ear / hearing impairment, breathing problems in young children, Hydrocephalus.

Achondroplasia is a rare genetic condition that causes reduced bone formation at the 'growth plate' (a section of cartilage at either end of the bone) resulting in shortened limbs. Children with achondroplasia have a range of characteristics including: a near normal trunk length with shorter arms and legs, a large head with prominent forehead and flattened bridge of the nose, an increased curvature of the lower spine (lumbar lordosis), bowing of the lower legs, crowded teeth, short, broad feet and hands with separation between middle and ring fingers (known as the 'trident' hand), flexible joints. Babies with achondroplasia may develop their motor skills more slowly because of the combination of a heavier head and shorter arms and legs.

Hypochondroplasia (HCH) is one of the skeletal dysplasias, which causes short stature due to reduced bone growth. In Hypochondroplasia, there is shortening mainly of the limbs. The condition affects boys and girls.

Diastrophic dysplasia (DTD) is a rare, inherited skeletal dysplasia, a condition of abnormal bone growth or development, affecting both girls and boys. Diastrophic dysplasia can result in restricted growth, curving of the spine (scoliosis) and abnormalities of the fingers and toes.

*Children's needs are **individual** - some children may require additional support:*

- Aspects of personal care, e.g. toileting (reaching to wipe)
- Communication - hearing instructions, possibly requiring professional advice
- Fatigue associated with increased effort required to complete tasks
- Fine motor skills, e.g. co-ordinating two hands dressing, feeding, writing
- Gross motor skills particularly affecting PE and school sports
- Mobility e.g. moving around classrooms, negotiating steps, etc
- Organisation, e.g. sitting correcting, reaching equipment / resources

FURTHER INFO: The Restricted Growth Association <http://www.rgaonline.org.uk>