

Dr. Harish Hosalkar Explains Common Bone Deformities

Dr. Harish Hosalkar is a leading orthopedic surgeon who is pleased to offer information about common bone deformities.

SAN DIEGO, CA, USA, July 18, 2014 /EINPresswire.com/ -- [Dr. Harish Hosalkar](#), MD is pleased to offer some of his extensive knowledge about common bone deformities. According to [Dr. Harish Hosalkar](#), these deformities are often genetic, but they do not always become apparent immediately and may surface later on in life.

In addition, many bone deformities can be developmental, resulting from abnormal bone growth during childhood and adolescence. Finally, bones may be deformed after traumatic injury, which, according to [Dr. Harish Hosalkar](#), often results in improperly healed bones.

One example of a congenital bone condition is that of flat feet. Dr. Harish Hosalkar knows that all infants and toddlers have flat feet, and that the arch of the foot develops around age 3 or 4. However, flat feet can continue into childhood, adolescence, and even adulthood, says Dr. Harish Hosalkar. The arch of the foot may be too flexible, or the foot joints may be too stiff. Flexible flat feet do not usually require treatment, because their symptoms are usually mild, though Dr. Harish Hosalkar may recommend corrective shoes.

Stiff flat feet, also called tarsal coalition, may need a cast or surgery. "Sometimes, performing surgery on a tarsal coalition may improve the patient's mobility," said Dr. Harish Hosalkar when questioned about treating this condition.

Some bone deformities are acquired, says Dr. Harish Hosalkar. This means that these conditions arise in response to environmental stimulation, and are not congenital, hereditary, or genetic. One type of acquired bone deformity is the torsional deformity. With this condition, the bone is twisted inwardly, or medially. It may also be twisted outwardly, or externally. This can result in problematic gait, rotational deformities, or tip position, says Dr. Harish Hosalkar.

Another type of acquired bone deformity is the angular deformity, which occurs when the leg bones are not straight but instead angle at the knees or ankles. According to Dr. Harish Hosalkar, this problem causes bowed legs, and in severe cases may result in inability to walk. Angular deformities can also result in knock-kneed leg positioning.

According to Dr. Harish Hosalkar, these conditions can be degenerative or result from traumatic injuries. Poor diet can also cause abnormal bone development. Bones may also be subjected to deformities when they have tumors, cysts, or similar conditions.

One condition that can cause bone deformities is rickets, says Dr. Harish Hosalkar. This condition results from a deficiency of vitamin D, calcium, and phosphorous. According to Dr. Harish Hosalkar, rickets manifests as a softening of the bones during childhood because the body has low mineral intake. Low mineral intake can occur from malnutrition or liver, renal, or intestinal diseases that do not properly process minerals.

Dr. Harish Hosalkar is a leading orthopedic surgeon who has experience treating multiple types of bone deformities. Many deformities can be surgically corrected, and Dr. Harish Hosalkar is highly qualified to perform these procedures. He may also recommend orthotics or physical therapy in addition to surgery.

About: Dr. Harish Hosalkar is a prominent orthopedic surgeon who currently serves as an Attending Orthopedic Surgeon at numerous institutions.

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