

VAN NECK -ODELBERG DISEASE

This is a benign skeletal abnormality in children. In 1924 Odelberg and Van Neck described radiographic changes in the ischiopubic zone in the skeletally immature patient. In this region there are 2 growth centres that have cartilage connecting them. This acts as a temporary joint between the ischium and pubis. This region is also called the ischiopubic synchondrosis. In Van Neck-Odelberg Disease it causes a hyperostosis of the ischiopubic synchondrosis and typically occurs from 4-12 years of age

Common presentation is vague groin, hip and buttocks pain. Patients will present with a limp. It is important to consider the lack of fever as it can be mistaken for osteomyelitis (bone infection)

Radiologically, it causes a radiolucent “swelling” of the ischiopubic synchondrosis, see figure 1. This can be unilateral or bilateral. Further 3 dimensional imaging can be considered, such as a CT or MRI, see figure 2.

Theories in regards to causes include excessive pull of the hamstrings tendon on the ischial tuberosity. Differential diagnosis include stress fracture, post-traumatic osteolysis, osteomyelitis or neoplasia.

This is self-limiting condition that is completed with bony union. Management of this should be expectant and monitoring is recommended.

Figure 1: Pelvic X-ray



Figure 2: MRI Pelvis

