Clinical case of non-surgical dynamic therapy of a child with congenital trigonocephaly

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This article brings to your attention a clinical case of non-surgical treatment of congenital trigonocephaly in a child from twins, on an outpatient basis. The principles of the approach to the management of a child with this pathology in the absence of the possibility of surgical correction are described. As a result, a complete normalization of the skull was obtained, with the preservation of vision functions. Photos of the child are presented with the kind permission of his parents.

Trigonocefaly (from the Greek *trigognon*, "triangle", and *kephale*, "head") is a congenital condition of premature fusion of the *metopic suture* (*metopon* means *forehead* in the Greek), leading to a triangular forehead. It may occur syndromic, involving other abnormalities, or isolated.

The girl from twins was born on October 30, 2019 at 37-38 weeks of the first pregnancy of a 38-year-old woman by Caesarean section. Birth weight 2450 g, height 49 cm. The diagnosis of trigonocephaly was made in the first days. Surgical correction of the pathology of the skull with the help of special plates was proposed at the age of 6 months (the weight of the child must be at least 6 kg). However, as can be seen from the date of birth of the girl, the medical history developed against the background of the lockdown. Planned operations were significantly limited. Several visits to the osteopath were unsuccessful.

However, time passed, and it was not to be lost. So, another method of treatment has been proposed. In the situation described, this was a small hope for improvement, and the parents decided not to miss it.

The principles of therapy have developed from an understanding of the features of the skull of a newborn child: bone plasticity and rapid head growth. Obviously, the main factor influencing the treatment of this pathology is the participation of parents who understand the importance of observing all the rules and following them.

The method of therapy is simple. There are two principles:

- the main position is on the stomach, the forehead rests on a fairly strong support;
- massage of the head, mainly the forehead, directing the movement of the fingers from the center to the temples. Repeat as short sessions, but at least every hour.

The dynamics of the state is best demonstrated by photographs. A positive trend was noted already in the first two weeks of dynamic therapy. By 6 months there was a good result. By 8 months, the residual deformation was insignificant. At the age of 1 year, it was possible to speak about the normalization of the shape of the skull.

The clinical case of non-surgical treatment of trigonocephaly presented to your attention demonstrates the possibility of its use in certain situations. In any case, it can be recommended for immediate use after diagnosis. This can, at a minimum, reduce the volume of surgery at the time of its application.

The proposed method showed a positive result when applied. This gives grounds for its use, especially when surgery is not available for any reason.