Use of the *British National Formulary* to measure limb length discrepancies in the paediatric outpatient setting

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Up to two thirds of children have a leg length discrepancy of less than 2cm. These tend to be a cause for parental concern with increasing referrals to paediatric orthopaedic services. Typically blocks are used to assess the degree of leg length discrepancy but

Figure 2 Measuring *British National Formulary* width

Figure 1 Child with leg length discrepancy standing on *British National Formulary*

they are not always available in the general practice or general orthopaedic setting.

We explain the use of the *British National Formulary for Children* (2015) for the clinical assessment of mild limb length discrepancies (<2cm). The spine of the *BNF* for children (2015) is approximately 2.54cm (one inch) wide. We sometimes ask children to stand on the *BNF* and adjust the number of pages until their pelvis appears to be clinically level (Fig 1). We then use a ruler to measure the number of the pages to give a good estimate of discrepancy in patients (Fig 2). Each 25 pages is equivalent to 1mm.