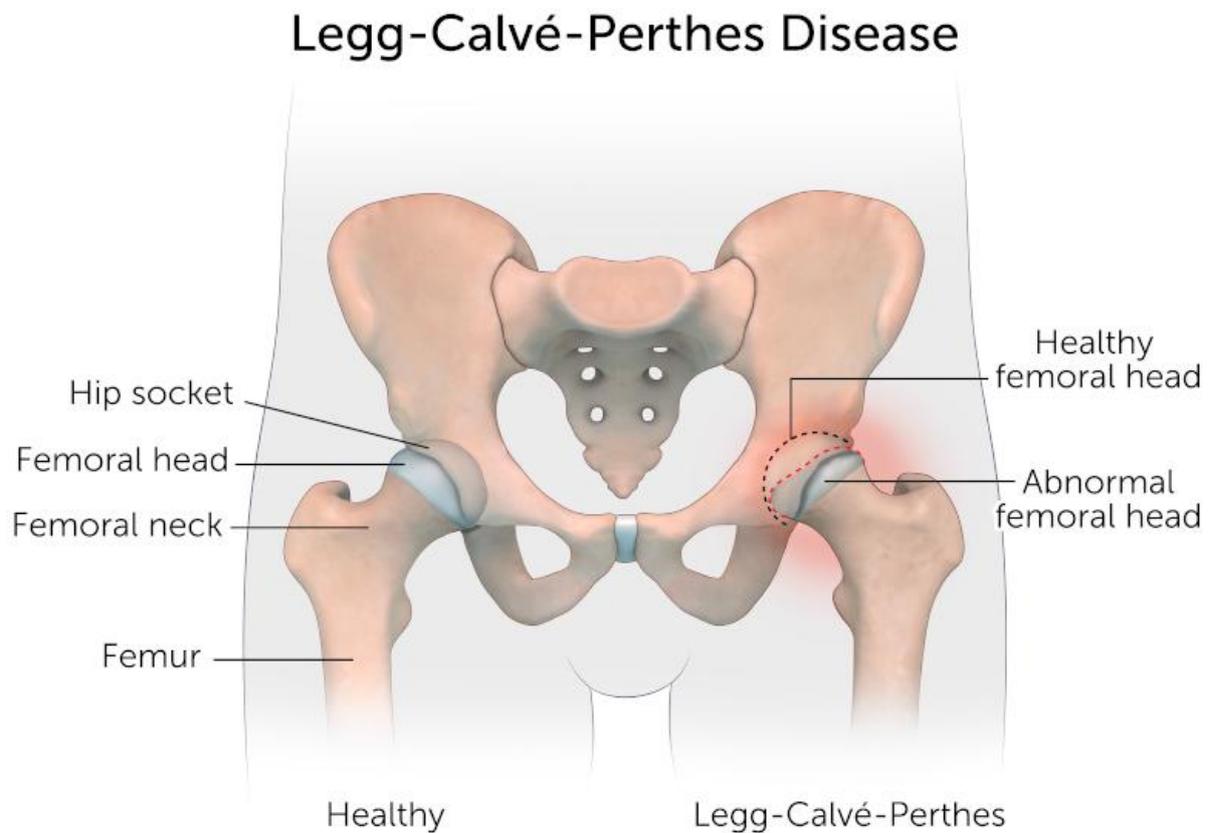


## Perthes Disease



### What is Perthes Disease?

Perthes disease is a condition that affects the hip joint in children. It occurs when the blood supply to the ball of the hip (femoral head) is temporarily disrupted, causing the bone to weaken and break down. Over time, the body repairs the bone, but this can lead to changes in the shape of the hip joint.

## Who is Affected?

- **Age:** Most common in children aged 4–10 years.
- **Gender:** Boys are affected more often than girls.
- **Cause:** The exact cause is unknown, but it is not usually inherited.

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## Symptoms

- Limping without a clear reason.
- Pain in the hip, groin, thigh, or knee.
- Stiffness in the hip, limiting movement.
- Symptoms may come and go over weeks or months.

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## How is Perthes Disease Diagnosed?

A doctor will:

1. Take a medical history and examine the child.
2. Request imaging tests, such as:
  - **X-rays** to check the shape of the hip.
  - **MRI or bone scans** for more detailed views.

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## Treatment Options

Treatment aims to reduce pain, maintain hip movement, and ensure proper healing. It depends on the child's age and the severity of the condition.

### Non-Surgical Treatments

- Rest and activity modification (avoiding high-impact activities like running).
- **Physical therapy:** To strengthen muscles and improve hip movement.
- **Pain relief:** Paracetamol or ibuprofen as needed.
- **Braces or casts:** In some cases, to support the hip.

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### Surgical Treatment

Surgery may be needed if:

- The hip joint does not align well.

- There is significant damage to the femoral head.

### **Prognosis**

- Many children recover fully, especially if treated early.
- Some may have long-term stiffness or a slight limp.
- Early diagnosis and management improve outcomes.

### **Caring for Your Child**

- Encourage activities like swimming, which are gentle on the hip.
  - Follow the healthcare provider's recommendations for therapy and check-ups.
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- Watch for signs of worsening, such as increased pain or stiffness.

### **When to Seek Help**

Contact a doctor if your child:

- Has persistent pain or limping.
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- Shows reduced movement in the hip.

### **Support**

If you have concerns, your healthcare team is here to help. Support groups and online forums can also connect you with other families experiencing Perthes disease.

**Remember:** With proper care, most children with Perthes disease go on to lead active, healthy lives.

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