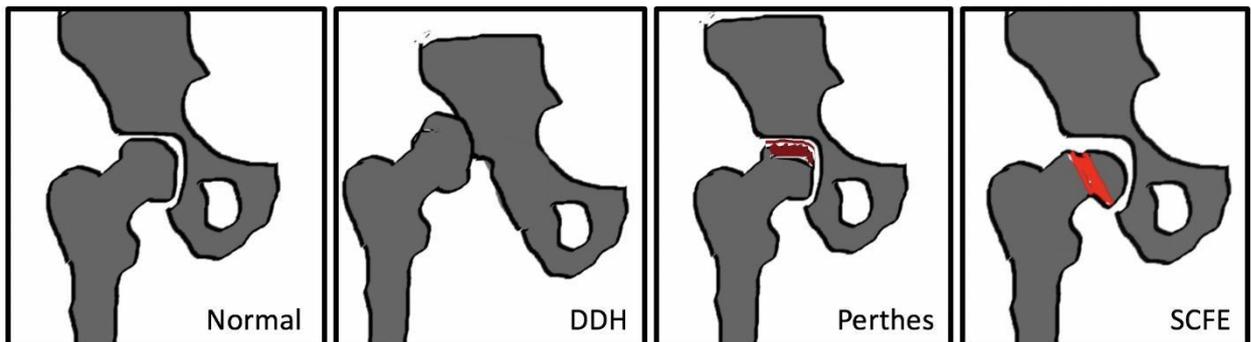


Child Hip Dysfunction



What is hip dysfunction in children?

Hip dysfunction refers to problems affecting the hip joint, which can cause pain, stiffness, or difficulty moving the leg. It can result from various conditions, including developmental dysplasia of the hip (DDH), slipped capital femoral epiphysis (SCFE), Perthes disease, injuries, or inflammation.

Signs and Symptoms

Children with hip problems may experience:

- Limping or unusual walking patterns
- Pain in the hip, groin, thigh, or knee
- Limited range of movement in the hip
- One leg appearing shorter than the other
- Clicking or popping sounds in the hip joint

Causes

Some common causes of hip dysfunction in children include:

- **Developmental Dysplasia of the Hip (DDH):** Hip socket doesn't fully cover the ball of the hip joint.
- **Slipped Capital Femoral Epiphysis (SCFE):** The ball at the top of the thigh bone slips out of place.
- **Perthes Disease:** Blood supply to the hip joint is temporarily reduced, leading to bone softening.
- **Injuries:** Falls, accidents, or sports injuries can affect the hip.
- **Inflammation or Infection:** Conditions like transient synovitis or septic arthritis.

Diagnosis

Your child's healthcare provider may use:

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- **Physical Examination:** To check hip movement and leg alignment.
 - **Imaging Tests:** X-rays, ultrasound, or MRI may be needed to confirm the diagnosis.
 - **Blood Tests:** Rarely, to check for infection or inflammation.

Treatment

Treatment depends on the cause and severity of the hip dysfunction:

- **Observation:** Mild cases, especially in very young children, may just need monitoring.
- **Physiotherapy:** Exercises to strengthen muscles around the hip and improve mobility.
- **Bracing or Casting:** Sometimes used in DDH or Perthes disease to keep the hip in the correct position.
- **Medication:** Pain relief or anti-inflammatory medicines.
- **Surgery:** In severe cases, surgery may be needed to correct hip alignment.

Home Care and Support

- Encourage gentle exercises as advised by your physiotherapist.
- Avoid high-impact activities if your child is in pain.
- Use pain relief medications only as prescribed.
- Ensure regular follow-ups with your child's healthcare provider.

When to Seek Medical Advice Urgently

Contact your healthcare provider immediately if your child:

- Cannot bear weight on the leg
- Has severe hip or knee pain
- Shows signs of fever with hip pain (possible infection)
- Has a sudden change in hip or leg movement

Prognosis

Most children with hip dysfunction recover well with early diagnosis and appropriate treatment. Regular follow-ups are important to monitor progress and prevent long-term problems.

Further Information and Support

- [NHS – Developmental Dysplasia of the Hip](#)
 - NHS – Perthes Disease
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- [Physiotherapy Advice for Children](#)
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