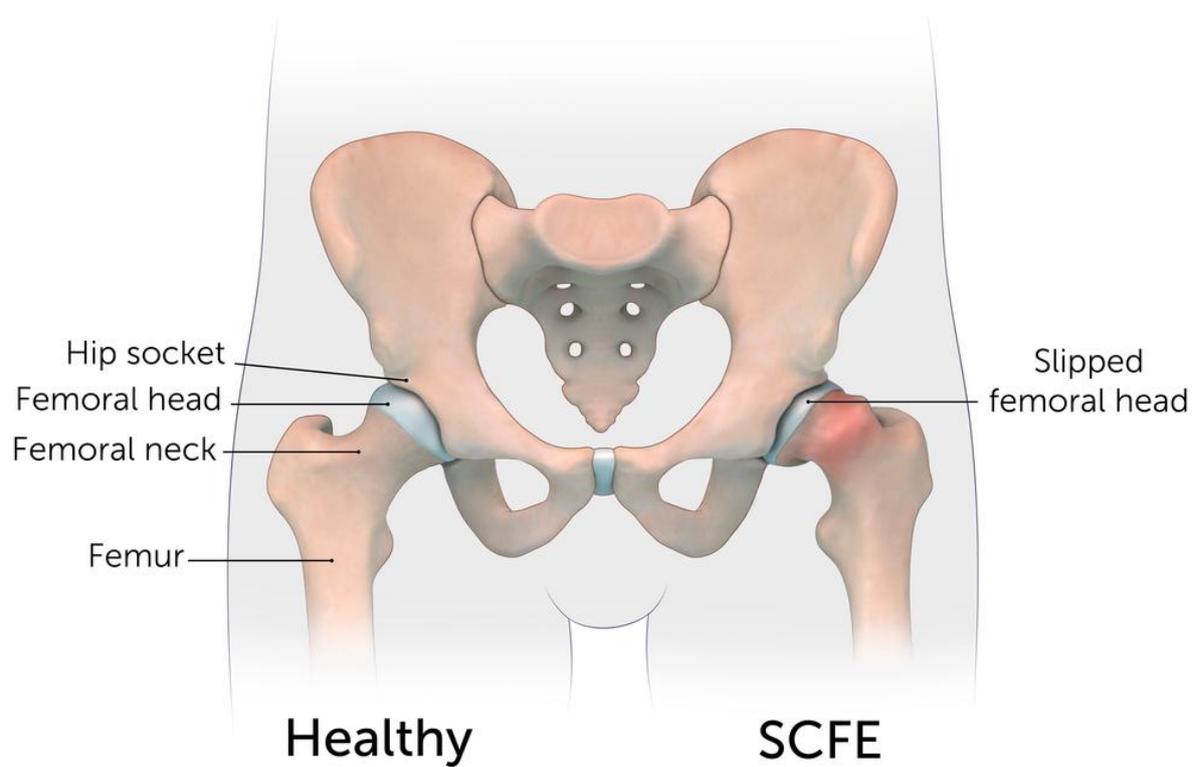


## Slipped Capital Femoral Epiphysis (SCFE)



**What is SCFE?**

Slipped Capital Femoral Epiphysis (SCFE) is a condition where the ball at the top of the thigh bone (femoral head) slips out of its normal position in the hip joint. It usually occurs during periods of rapid growth, most commonly in children aged 10–16 years.

### Causes and Risk Factors

The exact cause is not always known, but risk factors include:

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- Rapid growth during puberty
  - Obesity or being overweight
  - Family history of SCFE
  - Hormonal disorders (rare)

### Signs and Symptoms

Children with SCFE may experience:

- Limping or difficulty walking
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- Pain in the hip, groin, thigh, or knee
  - Reduced range of motion in the affected hip
  - One leg appearing shorter than the other
  - Outward turning of the affected leg

*Note:* Sometimes, the child may only have knee pain without obvious hip pain.

### Diagnosis

SCFE is diagnosed through:

- **Physical Examination:** Checking hip movement and leg alignment
  - **Imaging:** X-rays are used to confirm the slip and determine its severity
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### Treatment

SCFE is a serious condition and requires urgent medical attention. Treatment usually involves:

1. **Surgery:**
    - Most children need an operation to stabilize the slipped bone using screws or pins.
    - This prevents further slipping and reduces the risk of complications.
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## 2. Post-Surgery Care:

- Limited weight-bearing on the affected leg until the hip heals ○  
Physiotherapy to restore strength and mobility
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### Possible Complications

If SCFE is not treated promptly, it may lead to:

- Permanent hip deformity
- Osteoarthritis in early adulthood
- Reduced hip movement

Early diagnosis and treatment significantly reduce the risk of these complications.

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### Home Care and Support

- Follow your surgeon's and physiotherapist's instructions carefully
- Ensure your child avoids high-impact activities until fully recovered
- Manage pain as advised by your healthcare provider
- Attend all follow-up appointments

### When to Seek Immediate Medical Advice

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Go to the emergency department if your child:

- Cannot walk or bear weight on the leg
- Has sudden worsening pain
- Shows signs of hip deformity or swelling

### Prognosis

With early diagnosis and treatment, most children recover well and can return to normal activities. Regular follow-up is important to monitor hip development.

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### Further Information:

- NHS – Slipped Capital Femoral Epiphysis
  - Physiotherapy Advice for Children
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