



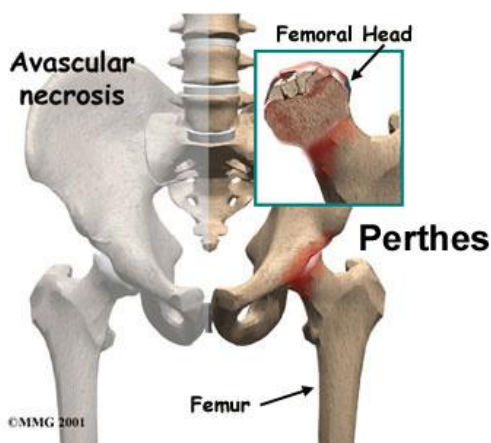
HIP PAIN IN ADOLESCENTS AND CHILDREN

WHAT IS IT?

Hip pain, in children can have a number of causes such as irritable hip, a slipped upper femoral epiphysis (SUFE) or Perthes disease.

- ❖ **Irritable hip**, the cause of the pain is unknown and the child grows out of this with skeletal maturity.
- ❖ **Perthes disease** is a loss circulation and subsequent erosion of the head of the hip bone (common at 4-10 years old).
- ❖ A **SUFE** is where the head thigh bone 'slips' down from the neck at the growth plate (common at 12-15 years old).

Both Perthes and a SUFE are quite serious conditions and require **Specialist management**



WHAT DO I LOOK FOR ?

- ❖ Loss of movement of the hip joint.
- ❖ Pain in the groin, buttock or even radiating into the knee region.
- ❖ Pain with walking, running, squatting, jumping, kneeling and/or kicking
- ❖ Night pain.



WHAT CAUSES IT?

Often unknown.
Trauma.
Overtraining

WHEN DO I SEE SOMEONE FOR HELP?

Your LifeCare Practitioner will be able to provide an accurate diagnosis and an appropriate management plan

Often this problem can require a Sports Medicine Doctor, Physiotherapist, and/or Podiatrist to assist.

