

# PAEDIATRIC HIP DISORDERS

## Understanding Pediatric Hip Conditions:

### Introduction:

Hip joint conditions in children can significantly impact their growth and mobility. Early detection and treatment are crucial to prevent long-term complications. This guide provides an overview of some common pediatric hip conditions—Developmental Dysplasia of the Hip (DDH), Coxa Vara, Perthes Disease, and Slipped Capital Femoral Epiphysis (SCFE)—along with their symptoms, diagnosis, and treatment options. It also highlights the important role of a pediatric orthopedic surgeon like Dr Shravan in managing these conditions.

### 1) Developmental Dysplasia of the Hip (DDH)

#### Early Symptoms:

- Uneven leg lengths
- Limited movement in one leg
- Asymmetrical skin folds near the thighs
- A clicking or popping sound when moving the hip

#### Diagnosis:

DDH is often detected during routine newborn screenings through physical exams or imaging techniques like ultrasound or X-ray.

#### Treatment:

Treatment varies based on the child's age and the severity of the condition. Options include:

- Pavlik Harness: For infants, to keep the hips in place
- Closed Reduction: A nonsurgical method to reposition the hip
- Open Reduction Surgery: For older children or more severe cases

### 2) Coxa Vara

#### Early Symptoms:

- Noticeable limp
- Pain in the hip, thigh, or knee
- Limited range of hip motion

#### Diagnosis:

Coxa Vara is diagnosed through a physical examination and confirmed with X-rays showing the angle of the femoral neck.

#### Treatment:

- Observation: For mild cases, regular monitoring may be sufficient.
- Surgical Correction: Realignment procedures to correct the femoral neck angle.

### 3) Perthes Disease

#### Early Symptoms:

- Limping
- Hip or knee pain, worsening with activity
- Reduced hip movement
- Shortening of the leg

#### Diagnosis:

This condition is diagnosed with physical exams and confirmed with X-rays or MRI, which show the shape of the femoral head.

#### Treatment:

- Non-Surgical: Physical therapy, anti-inflammatory medications, and activity modification.
- Surgical: In severe cases, procedures to improve hip joint alignment.

### 4) Slipped Capital Femoral Epiphysis (SCFE)

#### Early Symptoms:

- Limping
- Hip, thigh, or knee pain
- Decreased range of hip motion
- Outward turning of the affected leg

#### Diagnosis:

SCFE is confirmed through physical examination and X-rays showing the position of the femoral head.

#### Treatment:

- **\*Immediate Surgical Intervention:** To prevent further slippage and stabilize the hip joint. This may involve pinning the femoral head in place.

## The Role of a Pediatric Orthopedic Surgeon

A pediatric orthopedic surgeon like Dr Shravan, specializes in diagnosing and treating musculoskeletal issues in children, including hip joint conditions. They play a crucial role in:

- **Diagnosis:** Performing thorough examinations and ordering appropriate imaging tests.
- **Treatment Planning:** Developing individualized treatment plans based on the child's condition and needs.
- **Surgical Intervention:** Performing necessary surgical procedures to correct abnormalities and improve joint function.
- **Post-Treatment Care:** Monitoring recovery, providing rehabilitation guidance, and ensuring proper growth and development.

Early recognition and treatment of pediatric hip conditions are essential for preventing long-term complications. Parents should seek medical advice if they notice any symptoms in their children. Pediatric orthopedic surgeons like Dr Shravan are key partners in managing these conditions, offering specialized care to help children achieve the best possible outcomes.

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