

IRRITABLE HIP

Cause: Not known

Clinical

Pain, Limp and limitation of the movement

Age: 4-8 years

Recurrence does occur reported that 10 %

X ray examination is normal

Blood count is normal

D/D. septic arthritis, Osteoid osteoma, Leukaemia, Trauma

Juvenile osteoporosis ;Pelvic osteomyelitis

Kocher 4 Factors

> 38.5°C

ESR > 40 mm

WBC 12,000

Inability to weight bear

If 2 is present prediction of infection of the hip is 40%. Indication for Ultrasound and if fluid present, then aspiration of the hip is indicated to rule out infection

If 3 is present: infection of the hip in 93% and an indication and wash out of the hip joint.

Treatment

Once septic arthritis is ruled out, a transient arthritis needs observation. Majority of the patient get better with non steroidal anti-inflammatory drugs.

Repeat check: by GP

Any further evidence of infection: Orth review

Policy of Bed rest and skin traction in hospital is outdated

Rest at home a day or two, mobilise. (activity should be encouraged).

Anti-inflammatory analgesics are not advised. If the child remains in pain despite bed rest at home this suggests a more significant medical condition than transient synovitis.