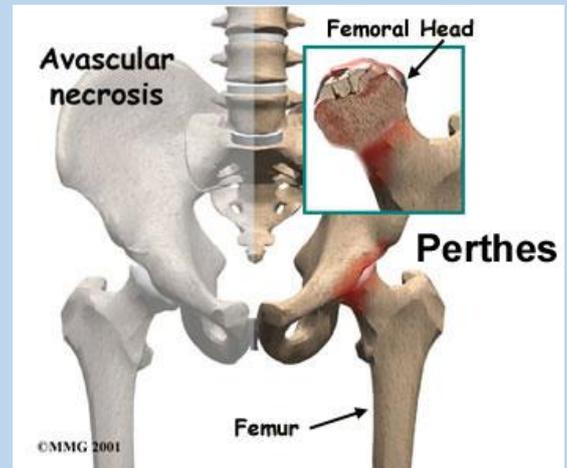


# Does your child complain of constant hip pain? Have you ever heard of Perthes Disease?

## What is Perthes disease?

- Characterised by temporary blood loss to the femoral head (i.e. ball of the 'ball and socket joint')
- This results in a gradual breakdown of bone in the hip joint
- The exact cause of the reduced blood supply is not known
- Typically more common in children aged 4-11 years old
- More common in boys than girls
- Usually occurs in one hip and rarely in both



## Signs and symptoms

- Reduced range of motion and stiffness in the affect hip joint
- Pain in the hip and groin region, sometimes even in the knee joint (known as referred pain)
- The affected limb may appear shorter than the other leg
- Limping; gradually becomes worse with activity

## How is Perthes Disease diagnosed?

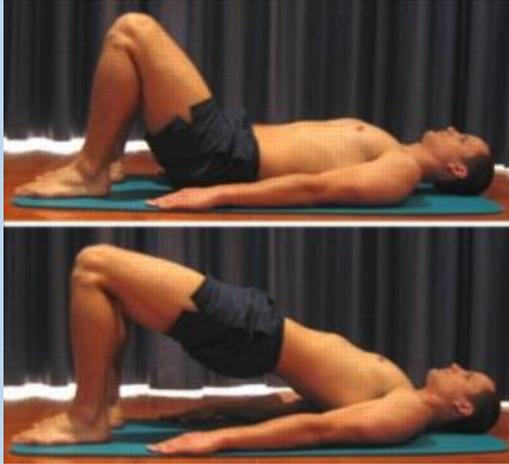
- X-ray imaging of the hip
- MRI scan
- Blood tests to rule out any potential infections

## Physiotherapy management of Perthes Disease?

- The main aim of treatment is to allow healing of the bone to occur while also exercising to maintain movement and strength in the hip
- High impact sports/ activities such as soccer, tennis and netball should be avoided
- Low impact activities such as swimming and a home exercise program prescribed by a physiotherapist should be encouraged

## Example of home exercise program:

### 1. Bridging



### 2. Straight leg raise



### 3. Squeezing ball or towel in between knees



### 4. Hip extension in prone



## What is the prognosis (outcome?)

- In most cases the femoral head re-grows and re-models back to its normal shape, however this process may take up to 2 years before normal hip function is restored.
- If the appropriate treatment is not applied early enough and there is continued exposure to high impact sports/ activities, abnormal remodelling of the femoral head can occur
- This can lead to an earlier onset of hip osteoarthritis and other musculoskeletal issues in the adjacent regions
- It is recommended to have follow up x-rays to monitor the progress of the bones in the hip