Sustainable Forests / Low chlorine

LS 787 12/14 V1 Jones & Brooks

Useful contacts

Rotherham Hospital	☎ 01709 820000
Orthopaedic Fracture Clinic	☎ 01709 427280
Trauma Co-ordinator	☎ 01709 427213
Children's Assessment Unit	☎ 01709 424053
NHS 111 Service	☎ 111
Health Info	☎ 01709 427190
Stop Smoking Service	☎ 01709 422444
A&E	☎ 01709 424455

For GP out of hours, contact your surgery

Useful websites

www.nhs.uk
www.gov.uk
www.therotherhamft.nhs.uk

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Tell us what you think by emailing us at: *yourexperience@rothgen.nhs.uk*

Slovak **Slovensk**

Ak vy alebo niekto koho poznáte potrebuje pomoc pri pochopení alebo čítan tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo n pošlite e-mail.

Kurdish Sorani دی سۆرانی

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Arabic بي

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If you require this document in another language, large print, braille or audio version, please contact Patient Information on 01709 424281 or email patientinformation@rothgen.nhs.uk

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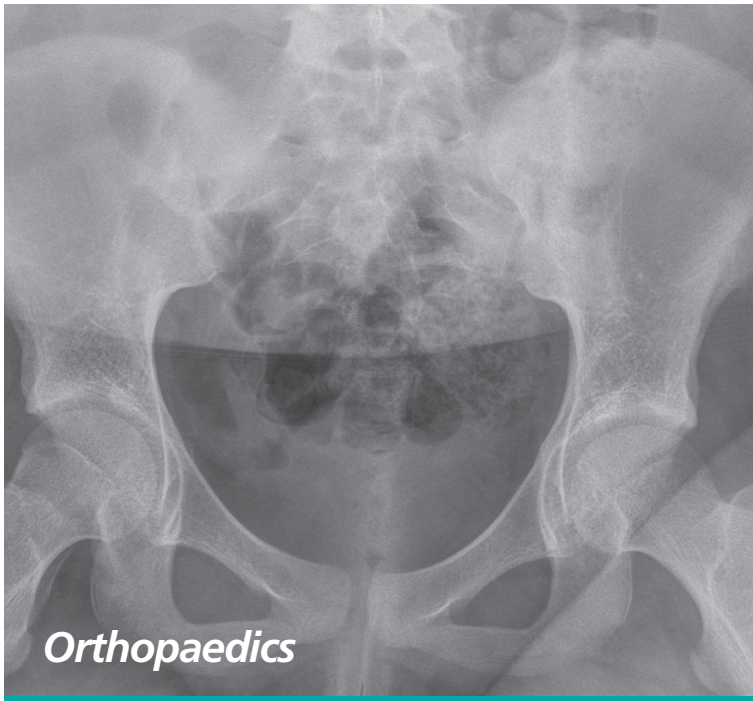
Irritable Hip
Diagnosis and Treatment



Orthopaedics

patient**information**

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NHS

What is irritable hip?

This is a condition that generally affects children between the ages of 3-10 years, however, it can also effect younger children.

The condition is also known as transient synovitis and can also affect other joints such as the knee.

What are the symptoms of irritable hip?

A child may have a raised temperature and may be generally unwell or recovering from a recent illness.

A child will generally present with a painful hip, knee or thigh. The pain may have begun overnight or in the morning.

Your child will possibly be limping or refusing to weight bear on the affected leg.

How can irritable hip be caused?

The exact causes of this condition are unclear, but the best evidence suggests that the condition is caused by an immune response to viral or bacterial illness, (such as the common cold) which causes irritation to the joint.

Investigations

Initial investigations are to rule out other causes for hip pain such as infection/septic arthritis of the joint, fracture, perthes disease, developmental dysplasia of the hip or slipped femoral epiphysis.

Following taking a history and a clinical examination a range of tests may be requested. These examintaions can include an x-ray of the hip, pelvis and knee (dependent on where the pain is.) Blood tests may also be taken to look for infection. Occasionally an ultrasound (scan) of the affected joint may be also be carried out.

Dependent on these results, a hip aspiration (inserting a needle in the hip joint under anaesthetic) may also be required. This procedure would be carried out in theatre.

The results of these tests along with the clinical examination will allow your healthcare provider to make a diagnosis and treatment.

Treatment

Treatment for irritable hip is very simple.

- Possible admission to hospital for observation
- Rest of the affected joint
- Regular pain killers as perscribed by your healthcare provider e.g ibuprofen/paracetamol

With this treatment, the joint and pain should settle on its own in around 5-14 days.

A follow up appointment may be offered to review recovery and treatment 1-2 weeks later to ensure all symptoms are settling down.

Please contact your Consultant Secretary or GP if symptoms of pain and limping should persist for further advice, or to be seen again for further assessment.

Notes