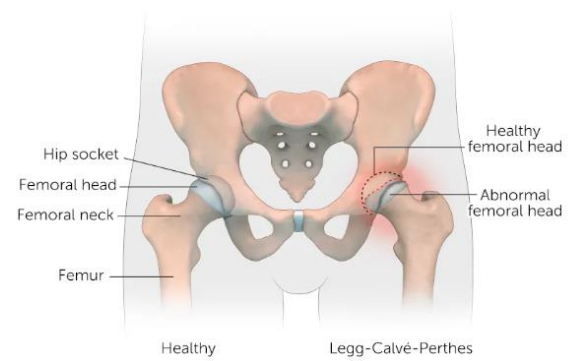


Perthes Disease

Orthopaedic Information Sheet



What is Perthes Disease?

Perthes Disease is a condition where the blood supplying the femoral head (joint in the hip) is reduced causing the bone to soften and collapse. When the blood supply does return (this can take several years), the femoral head will have changed shape and no longer move smoothly within the hip socket. If left untreated, it can cause hip problems later in life.

Why does Perthes Disease occur?

- 🦴 It is a common childhood hip condition, but it is unknown **WHY** it happens
- 🦴 It is known to affect **boys** more than **girls** age ranging 3 to 11 years
- 🦴 **ONE** hip is usually affected at a time and most children recover completely
- 🦴 Healing time can be slow and can take up to 2 to 5 years

Symptoms of Perthes Disease

- 🦴 Occasional limp that is painless
- 🦴 Pain in the hip, groin, thigh, or knee that is worse with activities
- 🦴 Limited movement and stiffness in hip joint

What does Perthes Disease mean for my child?

- 🦴 Children with Perthes Disease are otherwise healthy and usually want to lead the same active lifestyle as their friends
- 🦴 If you try to limit their activity, they may become frustrated and anxious. Be understanding and supportive. Help your child to find other activities they enjoy that do not require too much standing on the affected leg
- 🦴 Recovery is a long, slow process. Let your child know that they **WILL** recover and should be able to go back to their regular physical activities after a while

How do you diagnose Perthes Disease?

Diagnosis is made by a combination of assessments

- 🦴 Clinical examination
- 🦴 X-ray images
- 🦴 MRI
- 🦴 Blood Tests



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How to treat Perthes Disease

Treatment options vary depending on the severity of the condition. The goal is to keep the ball (femoral head) in the cup (acetabulum) joint that helps the blood supply to return and promote hip growth.




TREATMENT A (Non-operative)

Hip is in a good position and no pain or spasm

-  Regular x-rays and monitoring of the condition by an Orthopaedic Doctor until healing is completed.
-  Modifying activities such as running, jumping, and high impact sports
-  Swimming is encouraged

TREATMENT B (Non-operative)

Hip is in a good position but experiencing pain or spasm





-  May require a small admission to hospital for rest, pain relief, and traction to get on top of discomfort.
-  Hydrotherapy may be part of treatment whilst in hospital.
-  Once the symptoms have settled, your child will continue to be followed up by the Orthopaedic Doctors in outpatients

TREATMENT C (Operative)

Hip is not in an optimal position or loss of function in the hip joint causing pain or spasm

Your child may be admitted for non-operative skin traction as in treatment B for the management of pain and spasm.

An operation to improve the position of the hip may be needed and will be discussed by your Orthopaedic Doctor.

-  **Soft tissue release:** Operation to improve the movement of the hip by releasing tight muscles around the hip
-  **Shelf acetabuloplasty:** Operation to make the pelvic cup (acetabulum) bigger
-  **Pelvic osteotomy:** Operation to alter the cup (acetabulum) position
-  **Femoral osteotomy:** Operation to alter the ball (femoral head) position in the cup joint

What's next for my child?

Your child will have regular check-ups and x-rays with their doctor to monitor the hip whilst it heals.

For more information

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