

Central Adelaide Orthopaedics – Hip & Knee Service

Clinical Information Sheet

Clinical Condition	Young Hip Conditions – Perthes' Disease, Slipped Capital Femoral Epiphysis, Developmental Dysplasia of the Hip, Femoroacetabular Impingement
Eligibility	Referrals for children 12 - 17 years old will be only be accepted from an Orthopaedic Surgeon. Hip pain – outer hip, groin, referred to knee, Mechanical Symptoms – clicking, locking Symptoms suggestive of instability
Priority	Intermediate: Developmental dysplasia of the hip and femoral acetabular impingement Referrals should be faxed to the RAH on (08) 8222 2751.
Differential Diagnoses	Osteoarthritis Avascular Necrosis Inflammatory Arthritis Spinal conditions with referred pain to lower back or outer hip region
Information required with referral	History: <ul style="list-style-type: none"> • Duration of symptoms • Characteristics of pain – location, night pain, etc. • Response to analgesia • Level of mobility - walking distance; walking aid • Function – ADLs • Brief medical history • Current medications – in-particular, blood thinning medication • Relevant psycho-social issues • Height, Weight & Body Mass Index <p>Other medical and allied health practitioners the patient has seen concerning this problem</p>
Investigations required with referral	X-ray: For patients under the age of 30, AP Pelvis & cross table lateral hip joint only (in an aim to minimise radiation exposure). For patients over 30 years old, AP Pelvis centred on pubis, AP hip (patella facing up), cross table lateral hip joint. <i>Upon attendance to appointment, patient will be required to bring plain x-rays (views mentioned above) from within the previous 6 months to establish current bony structure</i>
Pre-Referral management strategies (include with referral)	Physiotherapy Use of simple analgesia as tolerated including a regular paracetamol product (e.g. Panadol® Osteo) and oral NSAIDs if tolerated Consider hydrotherapy, swimming or cycling for a low-impact exercise alternative Use of mobility aids (e.g. walking stick or crutches) Weight loss measures
Discharge Criteria/information	For discharge to GP if non-operative management to be pursued. Red flags that should trigger referral back for review: pain in affected joint no-longer managed non-operatively

Fact sheets	Femoroacetabular Impingement http://orthoinfo.aaos.org/topic.cfm?topic=A00571 Developmental Dysplasia of the Hip http://orthoinfo.aaos.org/topic.cfm?topic=A00347 Perthes Disease http://orthoinfo.aaos.org/topic.cfm?topic=A00070 Slipped Capital Femoral Epiphysis http://orthoinfo.aaos.org/topic.cfm?topic=A00052
--------------------	--

For more information

Central Adelaide Orthopaedics – Hip & Knee Service
Royal Adelaide Hospital, North Terrace ADELAIDE Telephone: 08 8222 4000
The Queen Elizabeth Hospital, 28 Woodville Road, WOODVILLE Telephone: 08 8222 6000

© Department for Health and Ageing, Government of South Australia. All rights reserved.



Government
of South Australia

SA Health