

Slipped Capital Femoral Epiphysis

Slipped capital femoral epiphysis is a different type of disorder affecting the adolescent hip. It is quite rare. For reasons that the experts do not totally understand, the ball at the upper part of the femur ends up slipping in a backward type of movement. This is often attributed to a weakness in the growth plate. Most of the time, it ends up developing during periods of rapid growth, generally after puberty begins.

The condition often ends up being diagnosed by undergoing a careful history, observation of the gait, physical examination and x-rays of the hip. An x-ray will help to confirm the diagnosis by showing the upper end of the thigh bone not being in line with the femoral neck.

Slipped Capital Femoral Epiphysis Anatomy

The hip is a ball and socket joint connecting the thigh bone (femur) to the pelvis socket. It allows the leg to move. The hip joint is composed of multiple parts, including that of the lesser and greater trochanters. The greater trochanter is the place where countless muscles from the buttocks allow and meet to promote hip abduction and movement from one side to the other. When it comes to the lesser trochanter, this is the point where the iliopsoas muscle is attached to the hip joint to provide for forward movement within the leg, which is otherwise referred to as hip flexion.

How to Treat Slipped Capital Femoral Epiphysis:

The main goal of treatment is preventing any additional slippage of the femoral head until such time as the growth plate is closed. If the head gets to slip farther out of position, movement of the hip could wind up being limited and premature osteoarthritis could end up developing. Treatment needs to be immediate. In the majority of cases, treatment will begin within one to two days.

Early diagnosis of the condition is often ideal at providing you with the best chance at stabilizing the hip. Fixing the head using pins or screws has been used for quite some time now. Based upon how severe the condition is, the surgeon might recommend one of three different types of surgery.

1. Placing a screw into the femoral epiphysis and thighbone.
2. Reducing the amount of displacement and placing one to two screws into the femoral head.
3. Removing any abnormal growth plates and inserting screws to help prevent additional displacement.

Tips:

- Males are two to three times as likely as females to end up developing the condition.
- Many individuals suffering with the condition are overweight. Try doing what you can to lose the excess weight and get back to a healthy weight for your age and height.
- In the majority of cases, the epiphysis slippage tends to be slow and gradual.
- However, a minor fall or significant trauma can end up making the condition come on all of a sudden.
- When the condition is treated early and well, the long-term outcome for the hip is good.