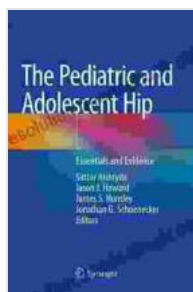


The Pediatric and Adolescent Hip: Essentials and Evidence

The pediatric and adolescent hip is a dynamic and rapidly developing structure that undergoes significant changes during childhood and adolescence. Understanding the normal development of the hip, as well as the common conditions that can affect it, is essential for healthcare professionals who care for children and adolescents.



The Pediatric and Adolescent Hip: Essentials and Evidence by Marvin Valerie Georgia

★★★★★ 5 out of 5

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Hip Development

The hip joint is formed by the articulation of the femoral head, which is the ball-shaped upper end of the thigh bone, and the acetabulum, which is a cup-shaped socket located in the pelvis. The hip is a diarthrodial joint, meaning that it allows for a wide range of motion, including flexion, extension, abduction, adduction, and rotation.

Hip development begins in utero, with the formation of the cartilaginous hip joint. By the time a child is born, the hip joint is well-formed and allows for a significant range of motion. However, the hip joint continues to develop and mature throughout childhood and adolescence. The femoral head and acetabulum gradually ossify, or turn into bone, and the ligaments and tendons that surround the hip joint strengthen.

Common Hip Conditions in Children and Adolescents

A variety of hip conditions can affect children and adolescents. Some of the most common conditions include:

- **Developmental dysplasia of the hip (DDH)** is a condition in which the hip joint does not develop properly. DDH can range in severity from mild to severe, and can lead to a variety of problems, including pain, decreased range of motion, and dislocation of the hip joint.
- **Hip pain** is a common complaint in children and adolescents. Hip pain can be caused by a variety of factors, including injuries, overuse, and underlying medical conditions.
- **Hip instability** is a condition in which the hip joint is unstable and prone to dislocation. Hip instability can be caused by a variety of factors, including trauma, ligamentous laxity, and neuromuscular disorders.
- **Perthes disease** is a condition that affects the blood supply to the femoral head. Perthes disease can lead to damage to the femoral head and, in severe cases, can cause a loss of function of the hip joint.
- **Slipped capital femoral epiphysis (SCFE)** is a condition in which the growth plate at the top of the femur slips. SCFE can lead to a variety of

problems, including pain, decreased range of motion, and deformity of the hip joint.

Hip Assessment

A thorough hip assessment is essential for diagnosing and managing hip conditions in children and adolescents. The hip assessment should include a detailed history, physical examination, and imaging studies.

The history should include questions about the child's symptoms, how long the symptoms have been present, and any associated risk factors. The physical examination should include an assessment of the range of motion, stability, and alignment of the hip joint. Imaging studies, such as X-rays, MRI, and CT scans, may be necessary to confirm the diagnosis and assess the severity of the condition.

Hip Treatment

The treatment of hip conditions in children and adolescents varies depending on the condition and its severity. Some conditions, such as DDH, can be treated with conservative measures, such as braces or physical therapy. Other conditions, such as SCFE, may require surgery.

It is important for healthcare professionals to be familiar with the latest evidence-based management strategies for hip conditions in children and adolescents. This information can help to ensure that these conditions are diagnosed and managed appropriately, leading to optimal outcomes for patients.

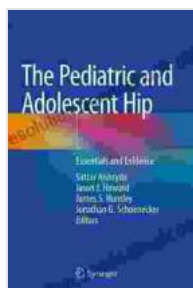
The pediatric and adolescent hip is a complex and dynamic structure that undergoes significant changes during childhood and adolescence.

Understanding the normal development of the hip, as well as the common conditions that can affect it, is essential for providing optimal care for children and adolescents.

By staying up-to-date on the latest evidence-based management strategies, healthcare professionals can help to ensure that children and adolescents with hip conditions receive the best possible care.

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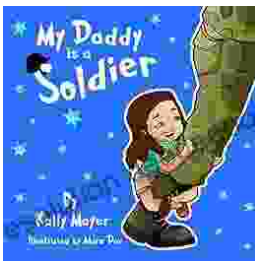
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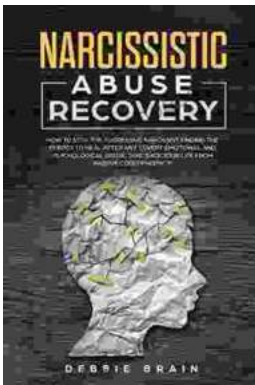
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