
What is irritable hip?

Irritable hip is inflammation or irritation of the membrane covering the hip joint. It is the most common cause of hip pain in children.

How would I know there is a problem?

Most children begin to limp, as walking becomes very uncomfortable, and they will be very reluctant to place any weight on the affected leg. Occasionally symptoms may also include:

- Pain in the knee or thigh
- Restricted movement in one of the hip joints
- A slightly higher temperature than normal

Why has this happened?

It is not clear what causes it, although in some cases your child may have had a viral infection, such as a cold, during the previous weeks. It can also occur as a result of a fall or injury.

What will happen in hospital?

Tests will be carried out to rule out more serious causes of your child's symptoms and will confirm they have a irritable hip:

- X-Ray to rule out any problems with your child's bones
- Blood tests to look for and infection in the bone or joint
- An ultrasound scan will be performed to create an image of the affected hip joint and detect any fluid on the joints

What will happen next?

Treating irritable hip is done in three stages:

1. Resting – this can happen at home or in hospital. If the orthopaedic doctor has suggested your child is admitted to Ward 10, then it will be for complete bed rest. This keeps your child still and reduces the amount of pain experienced.
2. Painkillers – such as Ibuprofen are very good for inflammatory pain and can be used when discharged.
3. Recovery – your child may need to stay in hospital to receive stronger pain relief for the first few days. Recovery usually happens within two weeks.

On discharge home

The nurses will ensure that you have the correct pain relief to continue at home.

There are usually no complications and the condition rarely returns. Your child should not take part in any strenuous activities or play sports for two weeks following treatment. This is to reduce the chances of irritable hip returning. Swimming is great exercise that will get the joints moving again.

Your Feedback

We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

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OUR VALUES

Collaboration

We work positively with others to achieve shared aims

Accountability

We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan

Respect

We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride

Empowerment

We speak out when things don't feel right, we are innovative and make changes to support continuous improvement

Support

We are compassionate, listen attentively and are kind to ourselves and each other



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

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01493 453240**