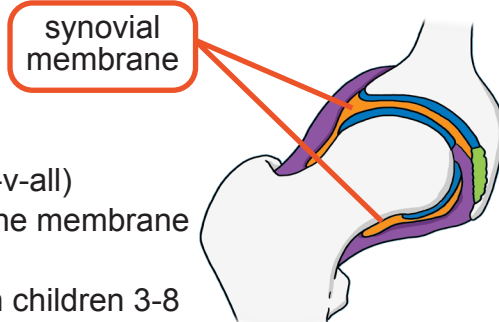




Irritable hip (transient synovitis)

The hip joint is lined with a soft tissue called “synovial (sin-o-v-all) membrane” that helps with movement, *irritable hip* is when the membrane becomes red and swollen (inflamed).



- Irritable hip is a common cause of hip pain or limping in children 3-8 years old.
- Boys are more likely to have it than girls.
- The cause is unknown, but it can happen after an injury, after a cold or an allergic reaction.
- Bub may have a cold or sore throat before having irritable hip.

Symptoms of an irritable hip

Bub may tell you they have pain in their hip, knee or thigh

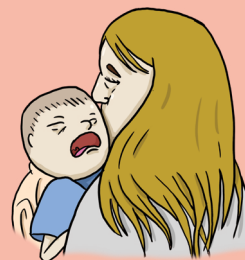


They may be able to walk but have pain

They don't put weight on their leg or may limp



Bub may cry if their hip is moved, like when changing nappies



To check if bub has irritable hip a few tests maybe needed:

- medical history and physical examination
- blood tests – to look for any infections
- X-ray – to check the bone
- ultrasound – to check fluid in the hip joint
- bone scan – to see if there is change.

Treatment

- Most of the time, it heals within 1-2 weeks without any treatment.
- Resting the hip is the best treatment.
- If bub has pain, give them ibuprofen or paracetamol.
- If they don't get better or still have strong pain go to the emergency department.



Paracetamol (Panadol)

Given at:

Next dose at:



No more than 4 times in 1 day
see packet instructions

Ibuprofen (Nurofen)

Given at:

Next dose at:



No more than 3 times in 1 day
see packet instructions



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**This document can be made available in alternative
formats on request for a person with a disability.**

Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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