A rare occurrence of same hip involvement by Perthes and Slipped capital femoral epiphysis in succession; case report.

Dr. Arkesh M, Prof. Hitesh Shah
Kasturba Medical College, Manipal Academy of Higher Education, Manipal.

Introduction
- Perthes disease and Slipped capital femoral epiphysis (SCFE) are two common paediatric hip pathologies which may lead to devastating complications if left untreated.
- The age of onset is different in both of these pathologies.
- Though very few cases of coexistent Perthes and SCFE in the same child have been reported earlier in the literature, the majority of them had involved opposite hips.
- We hereby report a rare case scenario of affection of same hip involvement in a child by Perthes and SCFE in succession.

Case details
- A 7-year-old boy was presented with a painful limp with restriction of abduction and internal rotation.
- Radiographs revealed Perthes disease of the left hip (stage of avascular necrosis) and was treated conservatively with traction followed by non-weight bearing walking.
- On follow-up, after 6 months, the extrusion of the femur head was increased. Hence he was treated with varus derotation osteotomy.
- The disease healed completely after 2.5 years.
- He underwent implant removal. He got a spherical congruent hip and was regularly followed up for 8 years. He had no restriction of activity.
Case details (cont..)

- At the age of 15 years, he developed spontaneous pain of the same side (left hip) without incidence of acute trauma.
- The child was obese (wt 110 kg) and was unable to bear weight on the left side.
- The radiograph revealed left side severe Slipped capital femoral epiphysis (SCFE).
- He was treated with modified Dunn osteotomy.
- At the latest follow-up at 12 weeks, he had no pain and had started full weight bearing.

Discussion

- Very few cases of coexistent SCFE with Perthes disease have been reported in the literature. Majority of them had involved opposite hips.
- Crawford AH et al in 1975 had reported an unusual concurrent occurrence of SCFE in one hip and active Perthes disease in opposite hip in a six year old child which was managed successfully with traction and bed rest. [1]
- Graziano et al in their case series in 1987, had reported 3 cases of coexistent Perthes and SCFE involving opposite hips at different age of presentation. [2]
- Ruoff MJ et al had reported a case of Perthes disease with SCFE in a child with downs syndrome involving the same hip. Patient had sustained a fall and developed SCFE one and half year following treatment (cheilectomy) for Perthes disease. It was treated with in situ pinning. [3]
- Our case is unique due to involvement of same hip in a child who had no associated congenital condition and no trauma history prior to development of SCFE. The management was operative for both pathologies resulting in good outcome.

References