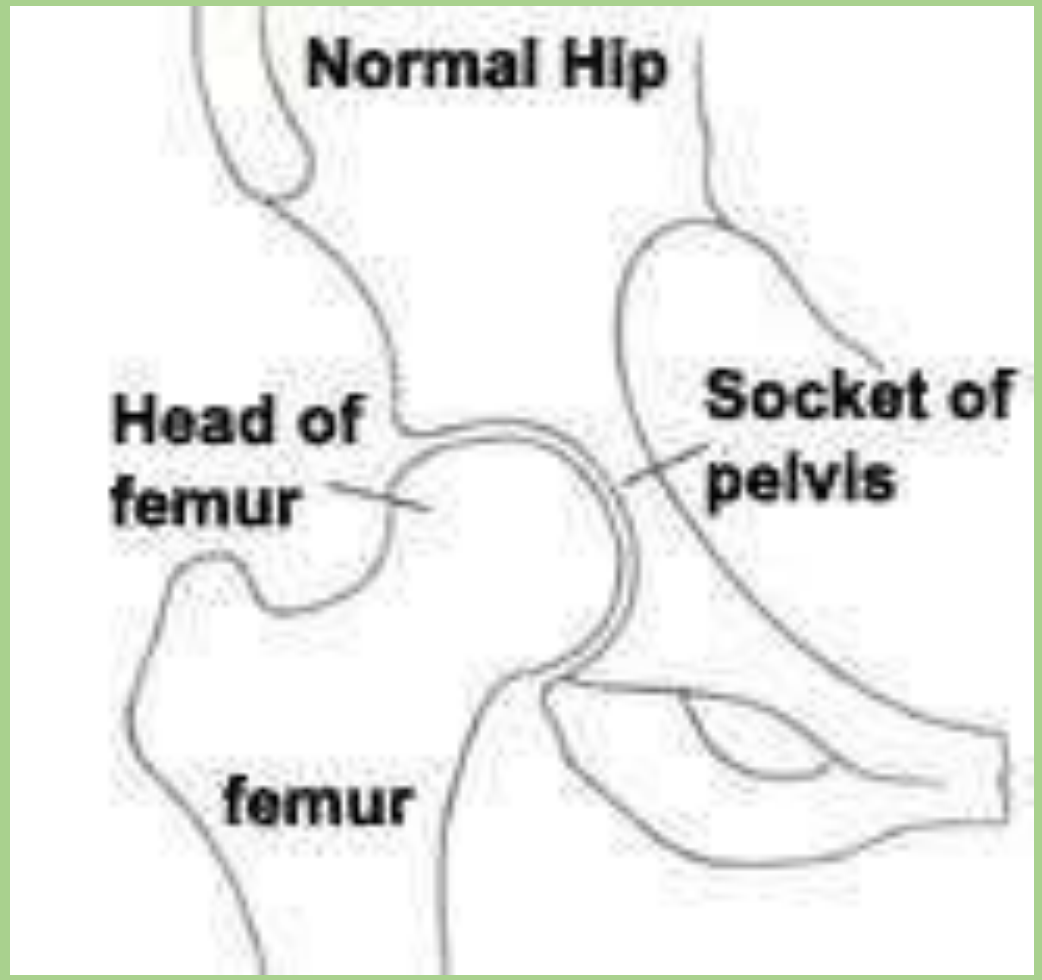
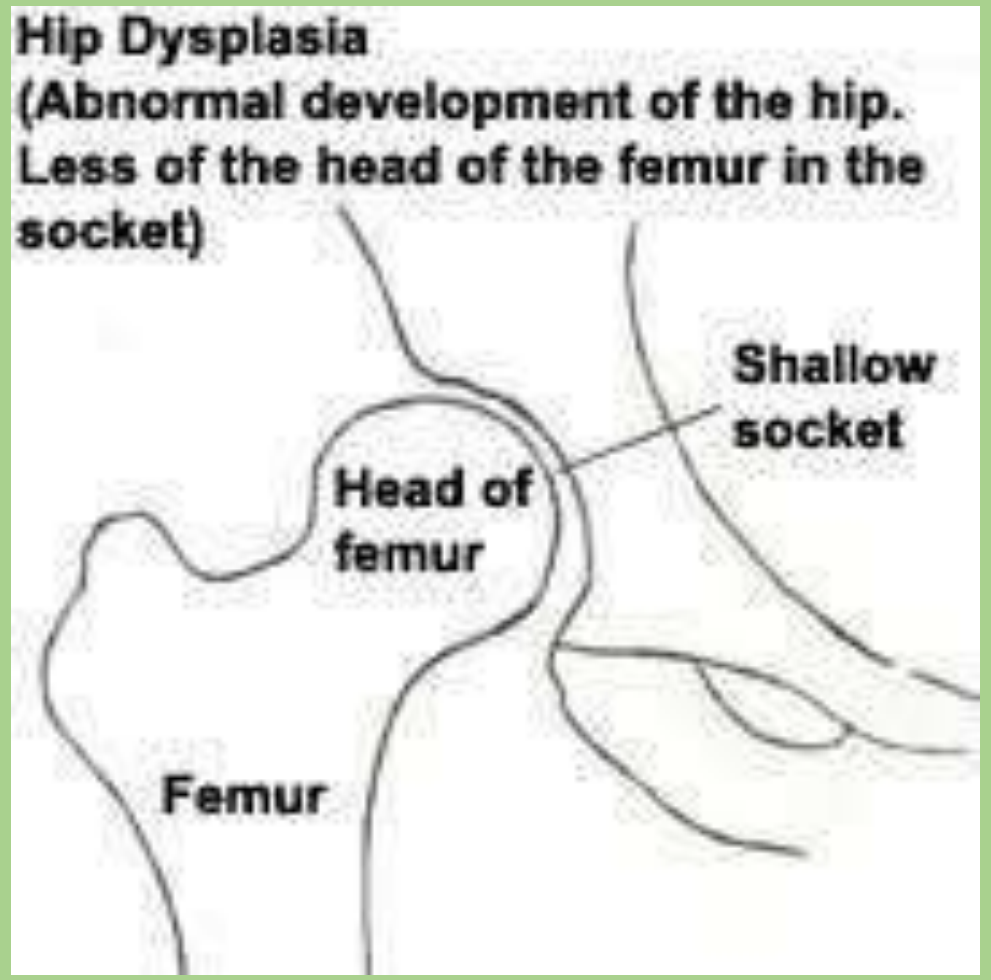
Congenital dysplasia





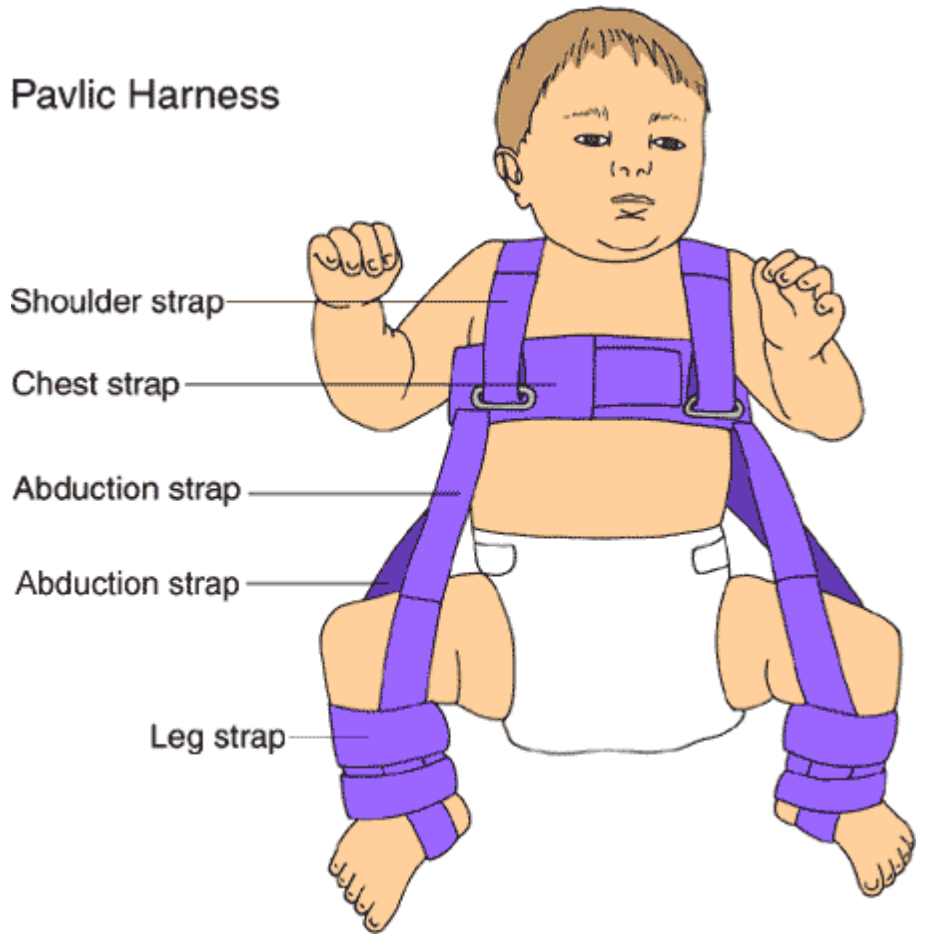
Congenital dysplasia treatment

Exercises (very mild cases)

Pavlik Harness

Braces

Surgery



Perthes disease

- Lack of blood supply in the femur head
- Children between 4-10 years old

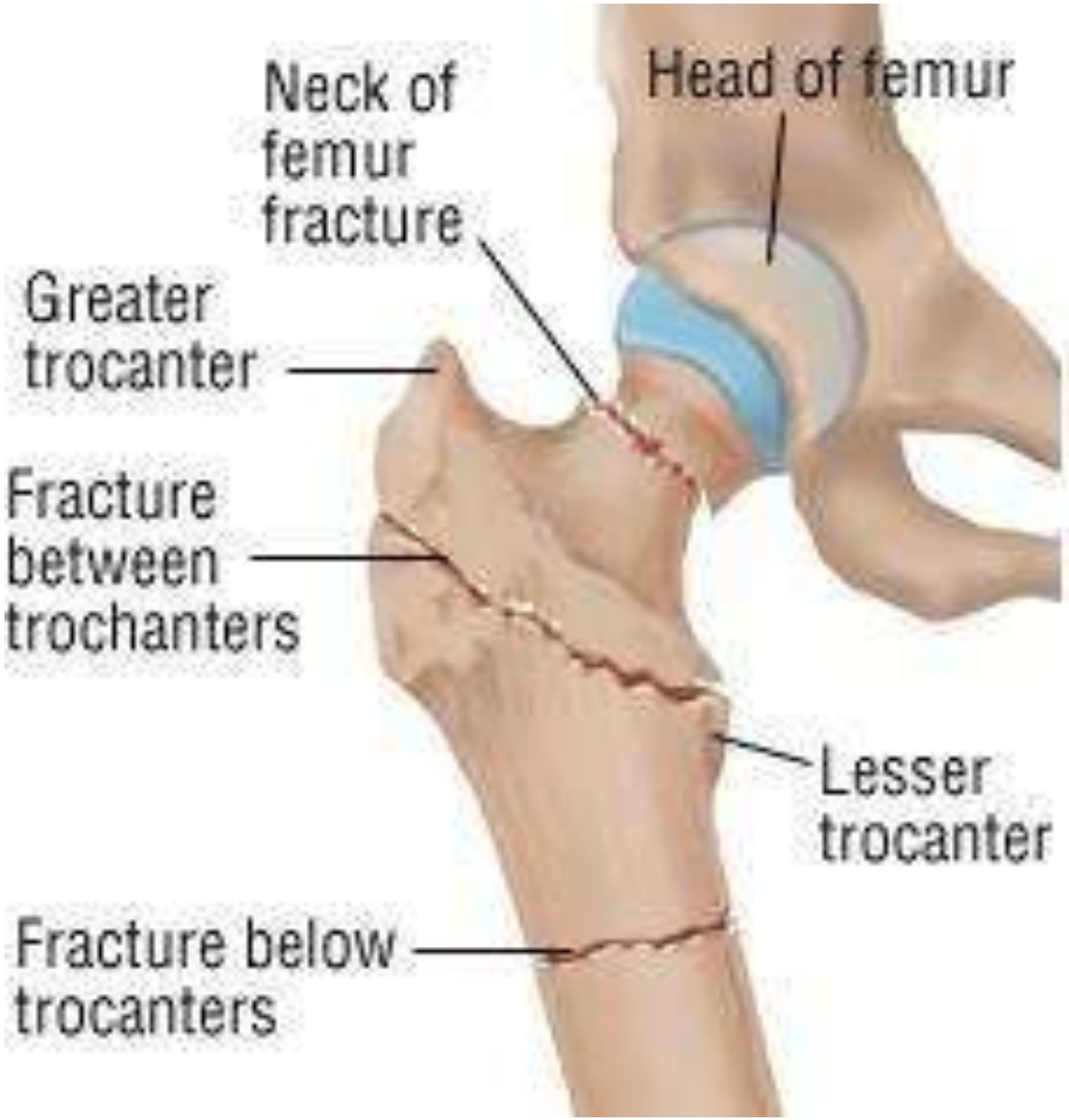
Symptoms :

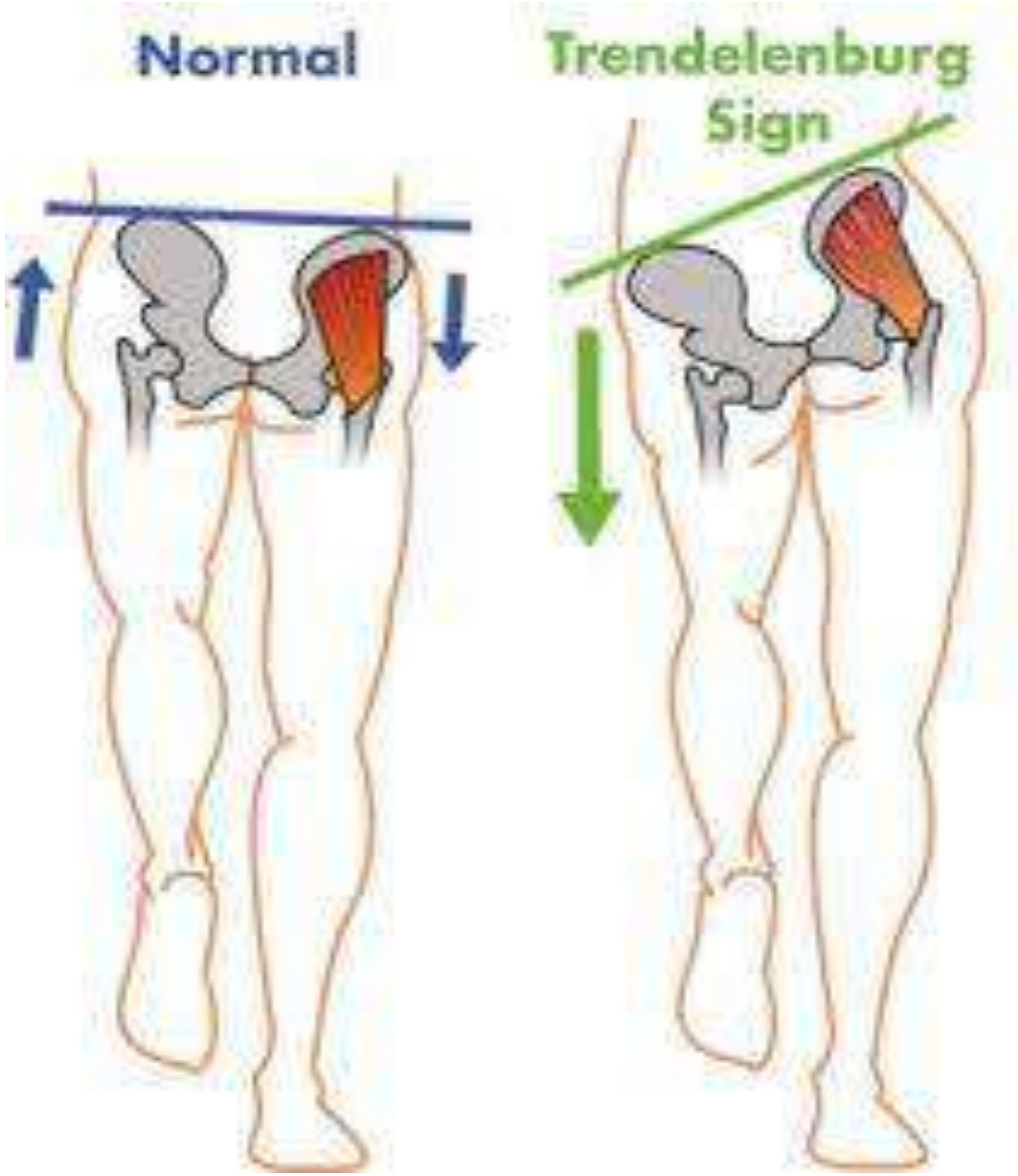
- Pain in the hip
- Get worse with activity
- Limping

Treatment:

- Limiting activity
- NSAID
- Physical therapy
- Bracing the hip
- Surgical treatment

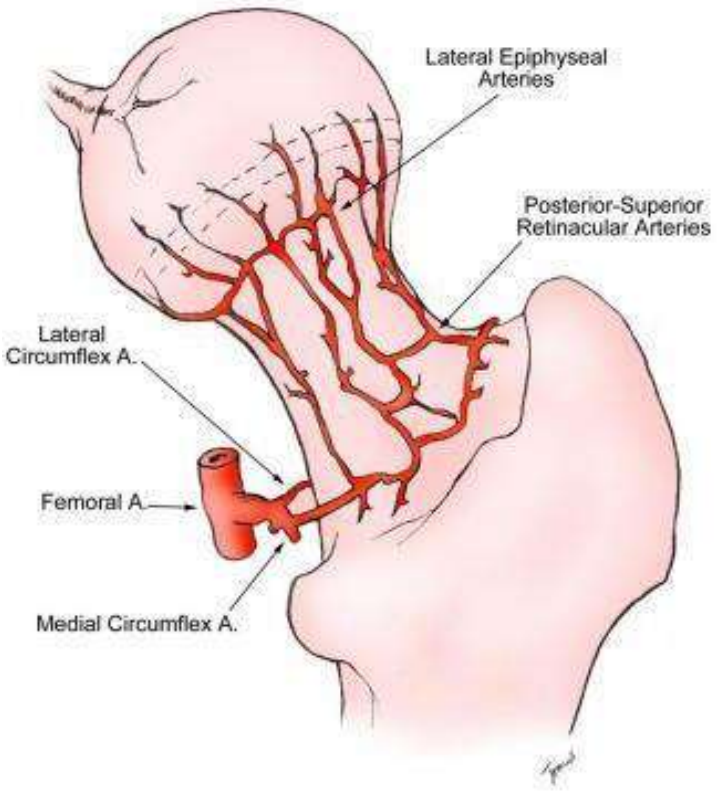
Hip fracture

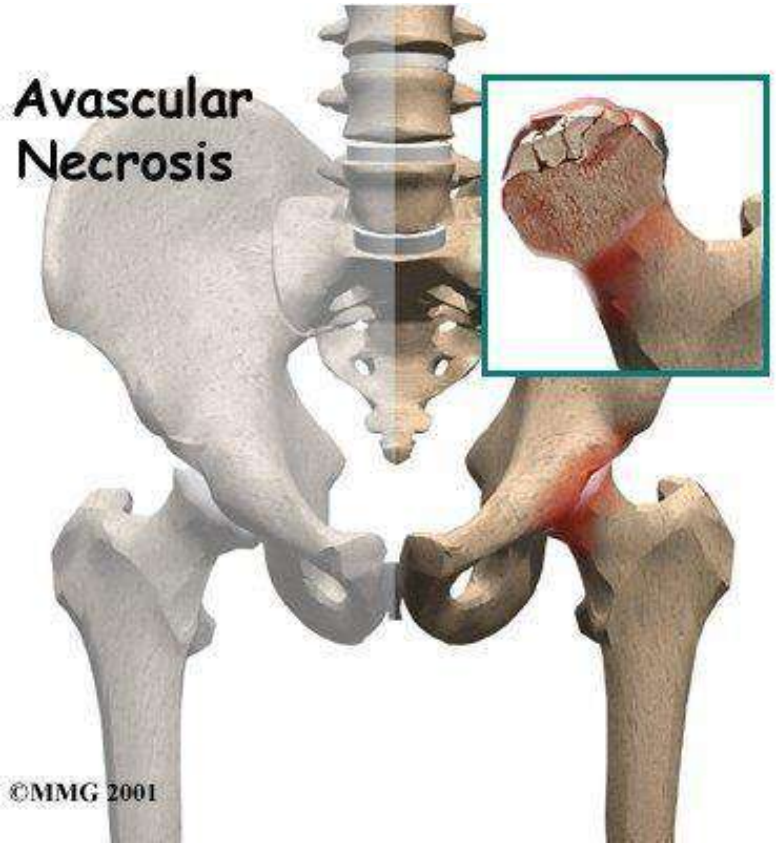




Trendelenburg sign

- Fracture neck of Femur
- Dislocated hip joint
- Nonfunctioning Gluteus Medius and Minimus (due to neurological problem or any other myopathy)





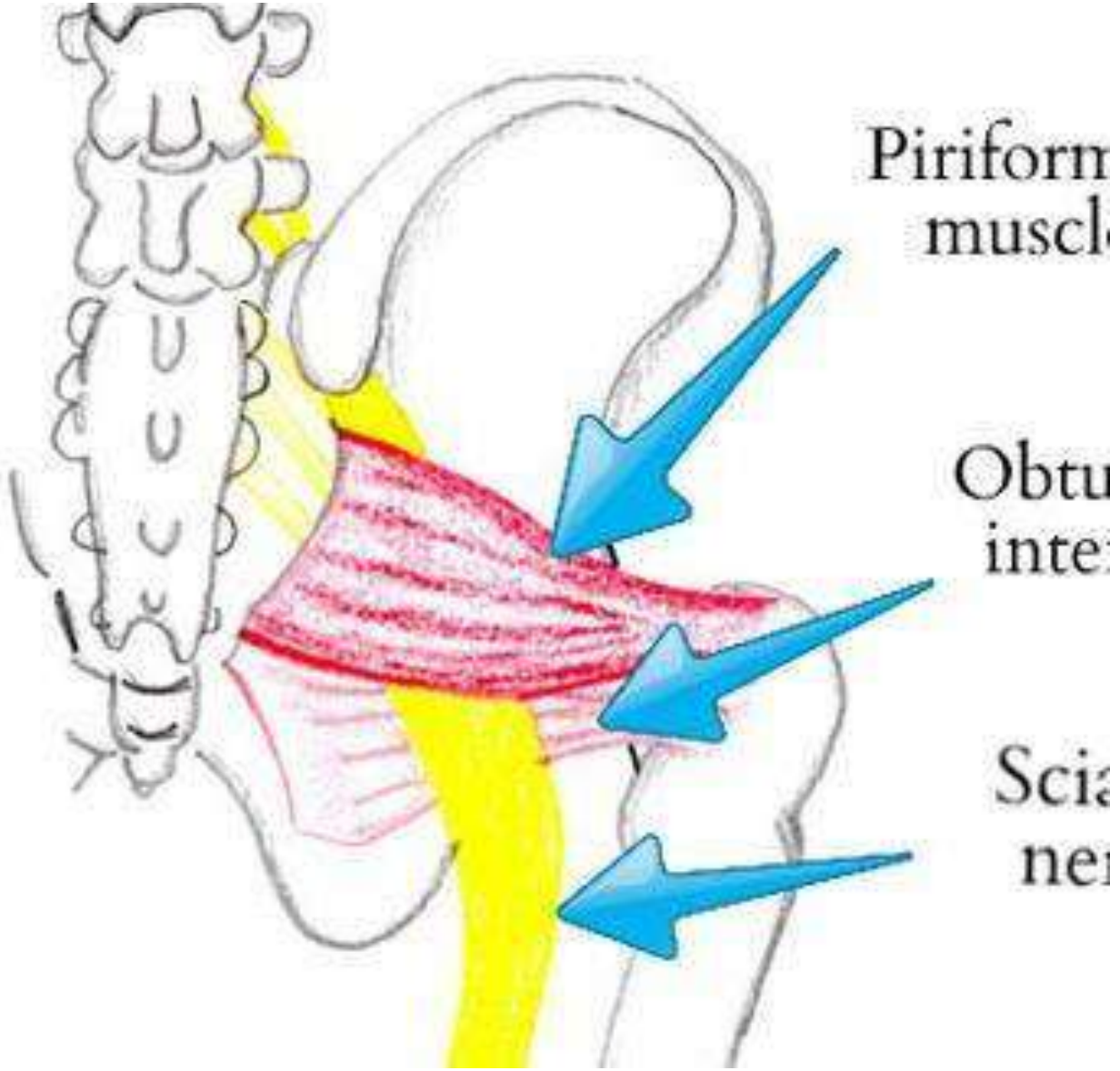
Avascular necrosis of the femur head

Pyriformis syndrome

- Muscle spasm press the sciatic nerve

Symptoms:

- Pain in buttocks
- Tingling back of legs
- Discomfort while sitting
- Radiating pain down back of legs



Piriformis syndrome test



Coxarthrosis

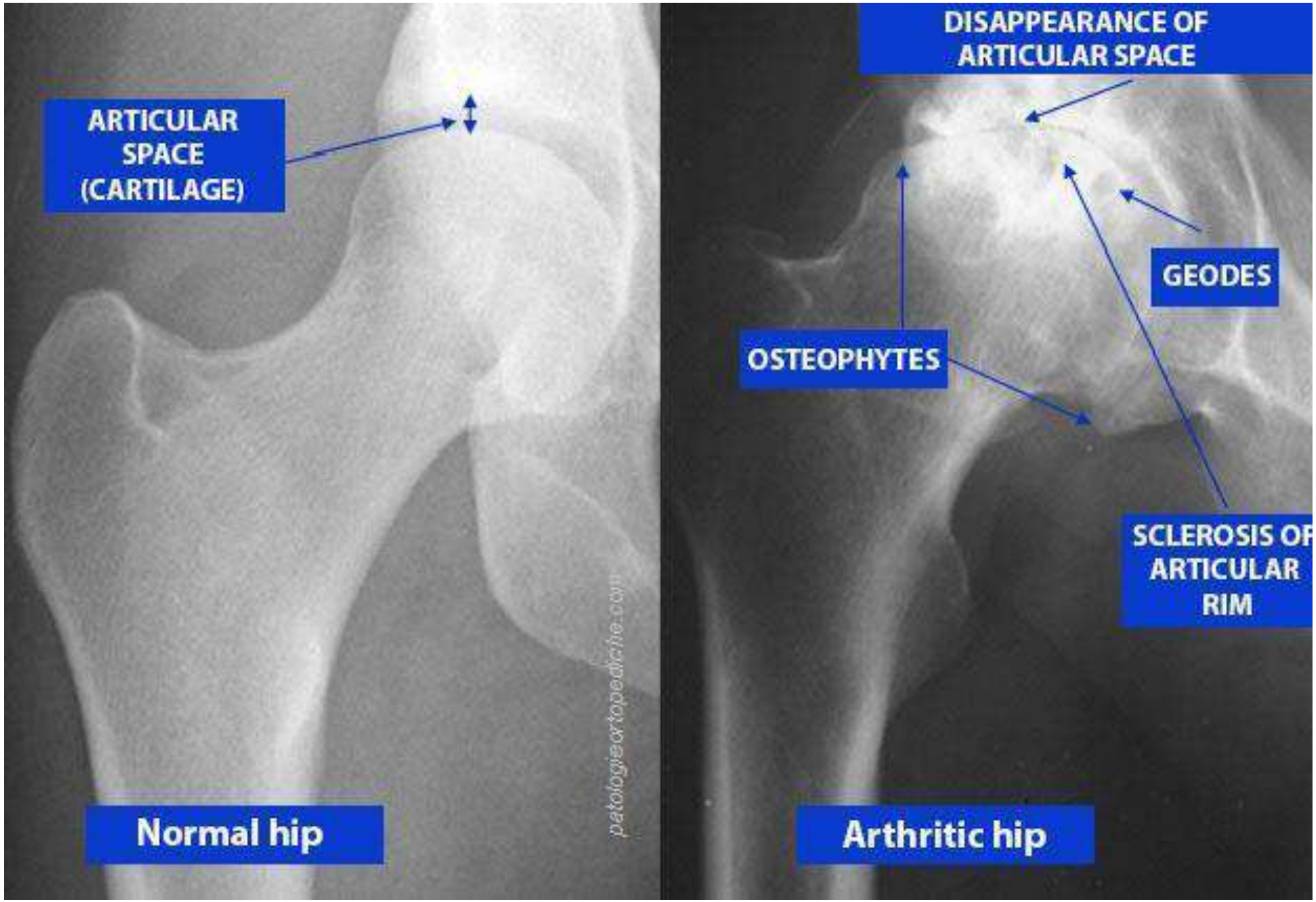
Symptoms:

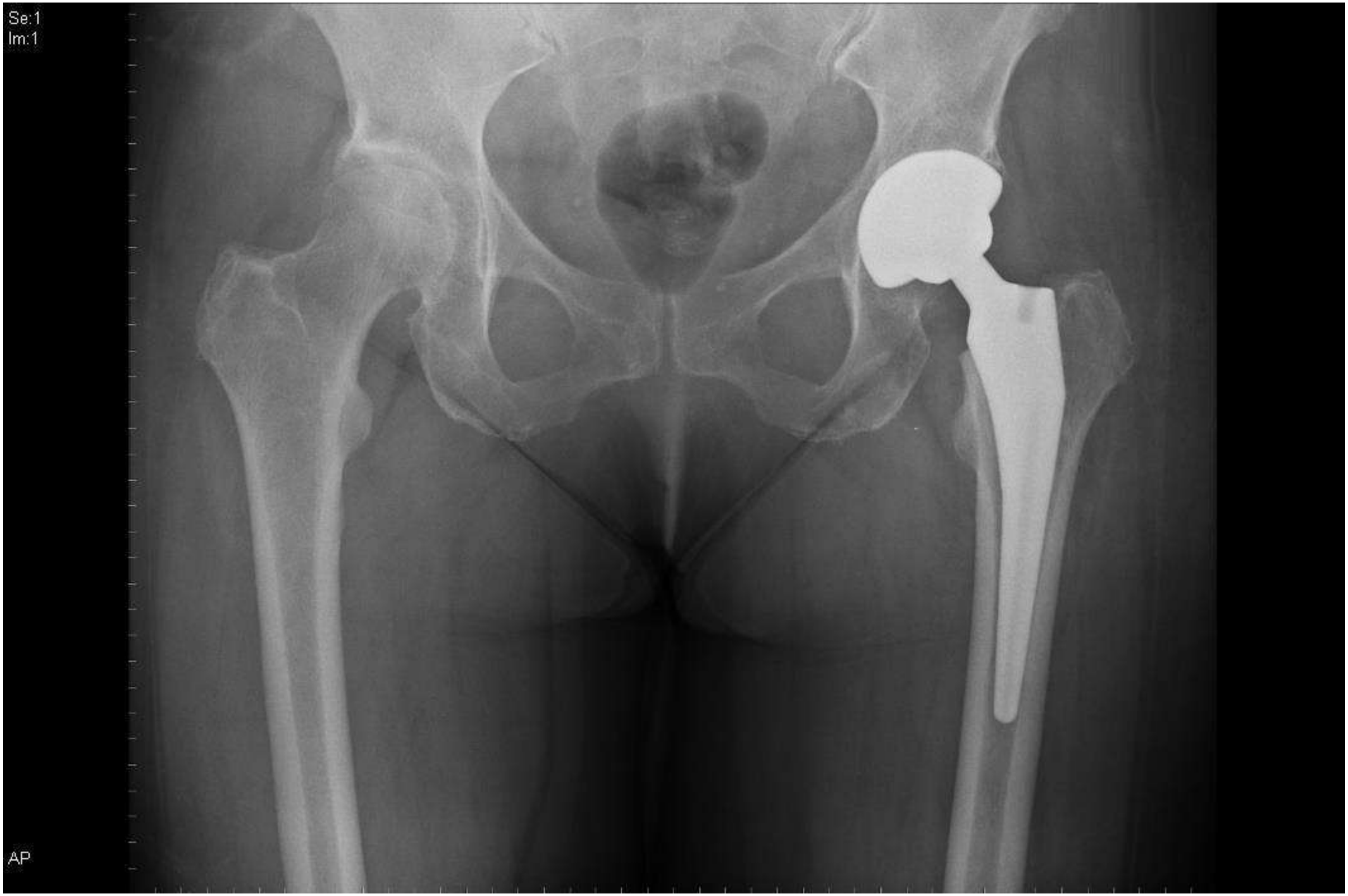
- Pain
- Stiffness
- Reduced ROM
- Dysfunction of the joint

Causes are not known

Risk factors:

- Congenital dysplasia
- Inheritable
- Advanced age (between 60-70)
- Injury or trauma
- Gender
  - More common in females
- Extra pressure on the hip
  - Being overweight
  - Overdoing exercises
- Short leg syndrome


ARTICULAR SPACE (CARTILAGE)
Normal hip
patologiaortopedica.com
DISAPPEARANCE OF ARTICULAR SPACE
GEODES
OSTEOPHYTES
SCLEROSIS OF ARTICULAR RIM
Arthritic hip


Se:1
Im:1
AP

Coxarthrosis treatment

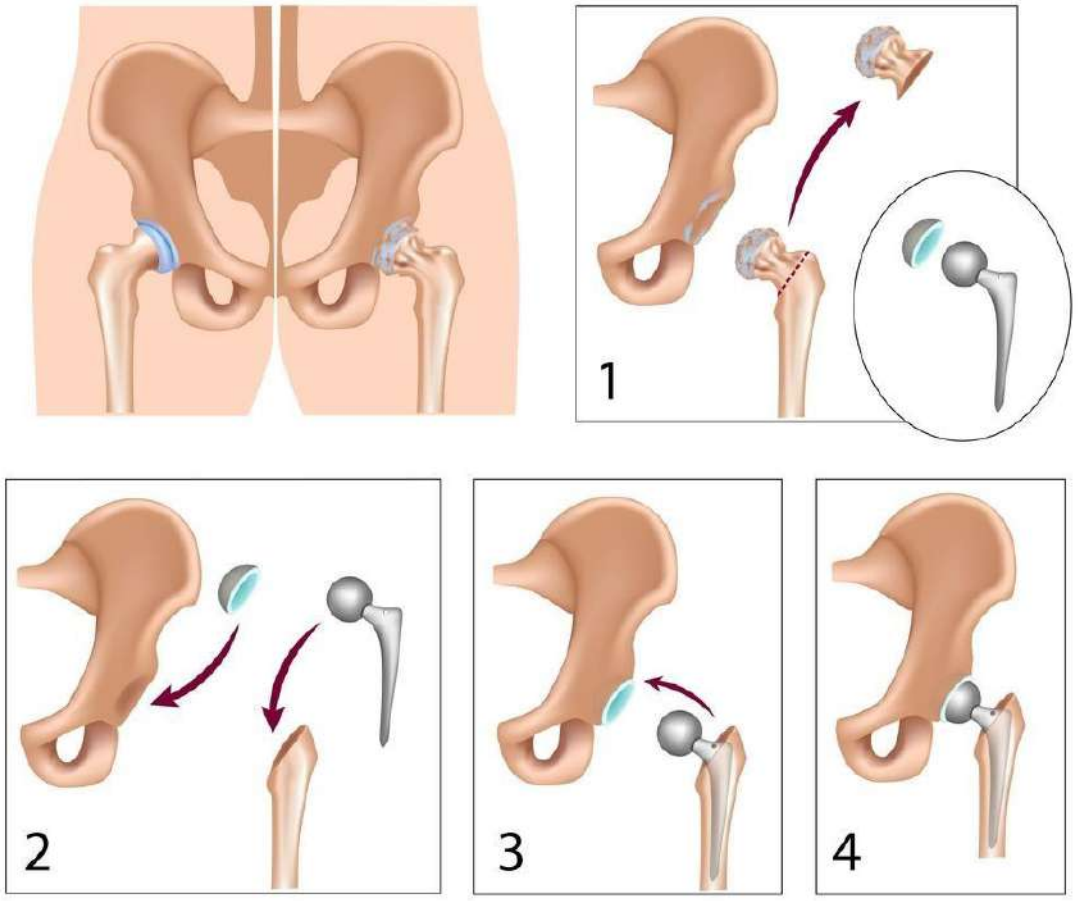
Conservative :

- Healthy lifestyle
- Exercises
- Physiotherapy
- Medication

Hip replacement:

- Total hip replacement
  - With cement
  - Metal on Metal
  - Ceramic on Metal
  - Metal on Polyethylene
- Partial hip replacement
- Minimal invasive hip replacement
- Posterior vs Anterior surgery

Total Hip Replacement





Rehabilitation

Posterior approach

- No bending more than 90 degrees
- Wedge pillow during the sleep
- No inner rotation
- The affected leg can’t cross the midline

Anterior approach

No restriction for the position

Extra precaution:

- No hip extension
- No outer rotation
- No bridge exercises

Trochanteric bursitis (Hip bursitis)

Causes:

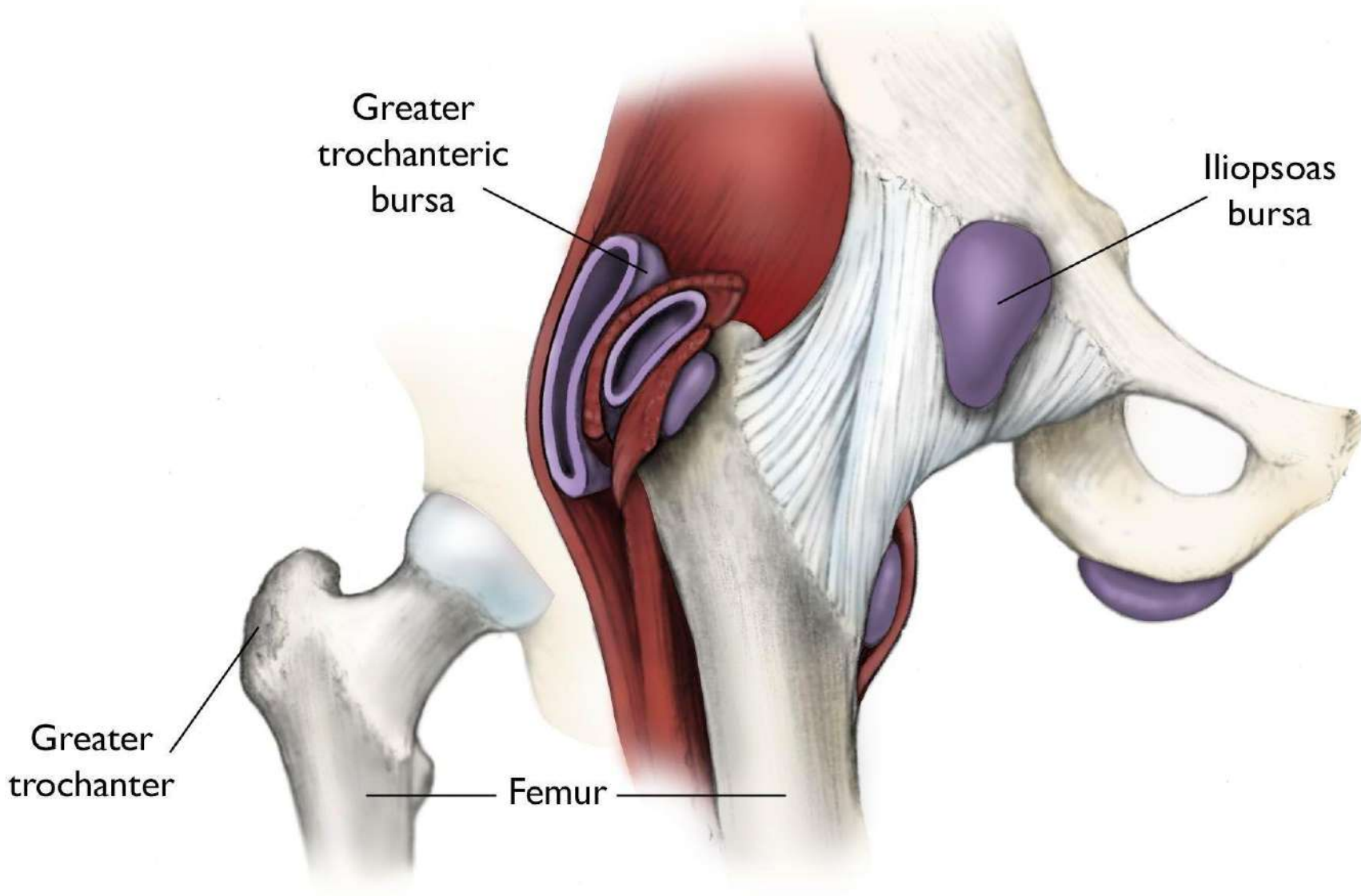
- Hip injury
- Surgery complication
- Poor posture
- Arthritis

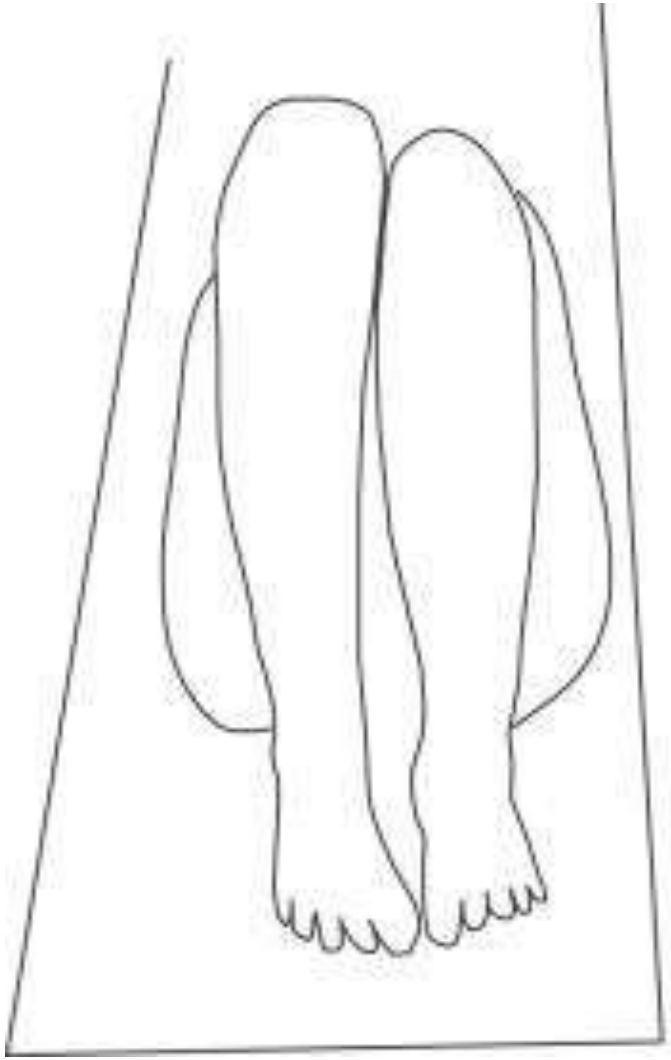
Symptoms:

- Pain outside of the hip
- Redness
- Swelling

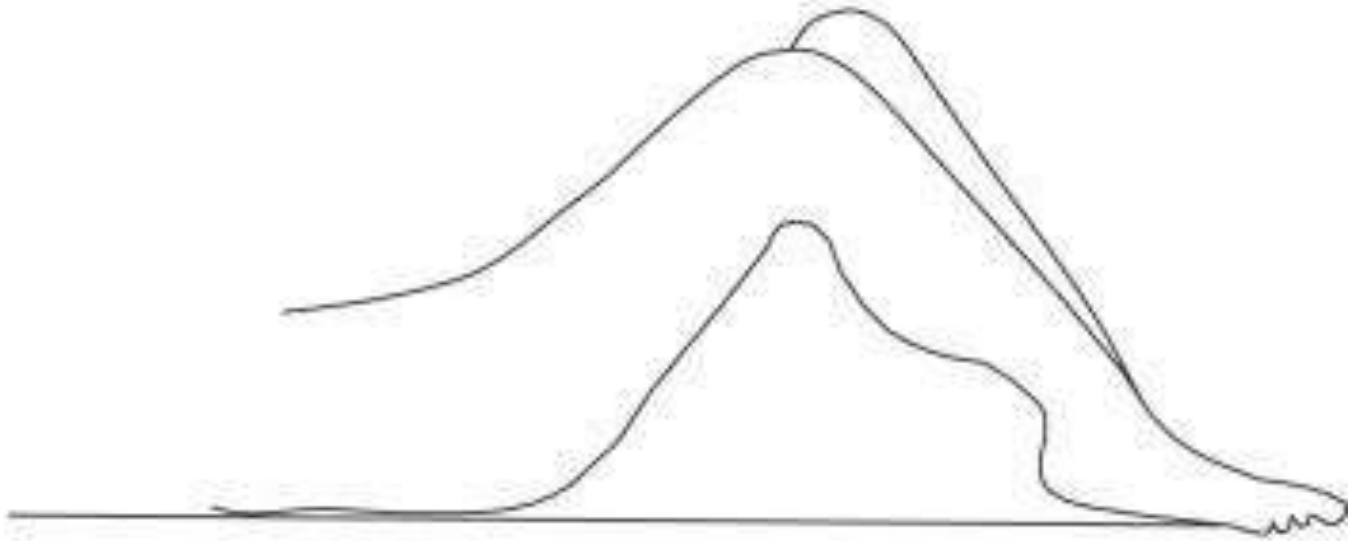
Treatment:

- Ice
- Anti-inflammatory medication
- Taking a rest
- Physical therapy
- Surgery


Greater trochanteric bursa
Iliopsoas bursa
Greater trochanter
Femur



short tibia



short femur