

**Clinical Guideline:** Perthes Disease Site: FPH

Typically presents between the ages of four and 10 years  
Variable pain with activity

- Thigh, groin or knee pain  
Sometimes seen in hyperactive boys

History

General Information

Probably multifactorial aetiology characterised by a reduction in blood flow to the femoral head causing bone necrosis, head disfigurement, flattening and collapse. Treatment aims to prevent degenerative arthritis and preserve the congruity of the acetabulum and femoral head by reducing the joint reaction forces through the hip whilst the head heals.

Pain management: paracetamol, NSAID

All patients with confirmed Perthes or possible Perthes

Plain X-ray (AP and frog leg views)

Advice and Treatment

Referral Guidelines – red flag signs

Investigation

Variable limp  
Hip irritability  
Loss of hip motion, especially internal rotation and abduction in flexion

Examination