

**Clinical Guideline:** Slipped Femoral Epiphysis Site: FPH

Hip, thigh or referred knee pain in age group 10-16 years  
Pain worse with activity and stressing hip joint  
Obesity  
Family history of SUFE

History

SUFE is a Salter-Harris type 1 fracture through the proximal femoral epiphysis. Stress around the hip causes a shear force to be applied at the growth plate. The fracture occurs through the hypertrophic zone of the physeal cartilage. Causative factors include obesity, trauma and hormonal imbalances

General Information

Non-weight-bearing with crutches until arrival at hospital

Advice and Treatment

* All patients with confirmed SUFE should be sent to the ED immediately
* Contact orthopaedic registrar on call through switchboard

Referral Guidelines – red flag signs

* Plain X-ray (AP pelvis and frog leg lateral of both hips)
* In early slips, X-rays may be normal. If clinical suspicion is high, an MRI may be needed and this will be part of the paediatric orthopaedic work-up

Investigation

* Obligatory hip external rotation during hip flexion in supine
* Acute loss of hip internal rotation
* Short leg
* Externally rotated leg
* Trendelenburg gait

Examination