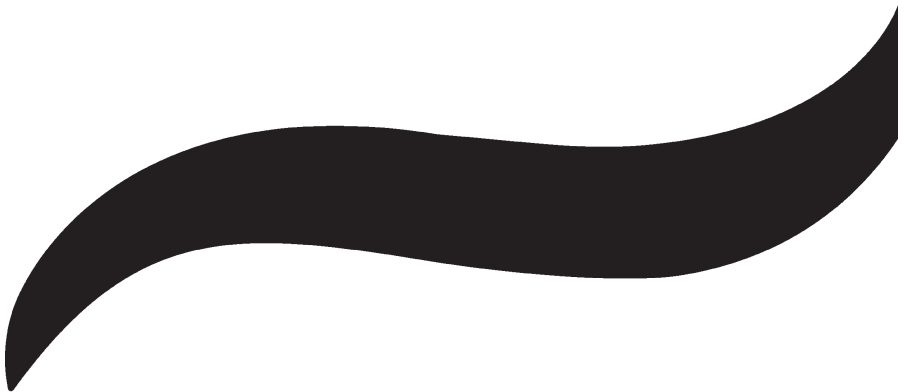




Limping Child

Information for patients, parents and carers
from the Emergency Department University Hospital Wishaw



WHY IS MY CHILD LIMPING?

We see many children who have been brought to the Emergency Department because they've developed a limp and/or have pain somewhere in their leg. Most of these children will have an "irritable hip"(see below) or another condition which we don't need to do specific tests or treatment as we know it will get better on its own without hospital treatment.

There are some other more serious causes of a limp. These will need hospital treatment. The Emergency Department Doctor, Nurse or Allied Health Professional will have ruled out these more serious causes by asking you questions about your child such as how and when the limp started. They will also examine your child carefully. Your child may also have an x-ray to help us decide what might be causing the limp.

WHAT IS AN IRRITABLE HIP?

Irritable hip (or transient synovitis) is the commonest cause of limp in childhood. It is due to inflammation (not infection) of the hip joint. We don't know for sure what causes this inflammation but it often happens after you've been ill with a virus or had an injury.

Your child may complain of pain in the hip, groin, thigh or knee and may have difficulty walking or crawling. The pain is usually only on one side. It is generally a mild condition which gets better on its own after 1 or 2 weeks.

WHAT CAN I DO TO HELP MY CHILD AT HOME?

You should encourage your child to rest their sore leg as much as possible over the next few days. This means your child should stay off school or nursery for 48-72 hours (2 to 3 days).

You should give your child regular pain relief medicine such as paracetamol and/or ibuprofen. Paracetamol can be given every 4– 6 hours. (Don't give your child paracetamol more than 4 times in 24 hours). Ibuprofen can be given every 6 – 8 hours. (Don't give your child ibuprofen more than 3 times in 24 hours.). It is very important that you don't give them any more paracetamol or ibuprofen than this.

Most children will get better over the next few days. If your child is not well, hasn't got better or if their pain gets worse, then you should bring your child back to the Emergency Department so we can do a further assessment.

WHEN CAN I EXPECT MY CHILD TO BE BACK TO NORMAL?

You can allow your child to gradually go back to their usual activities as they get better. , We advise they do not do sport or activities that need a lot of strength for 2 weeks. Your child may still need pain relief medicine. Gradually reduce the number of times you give it in a day as they get better. We would expect your child to be back to normal within one - two weeks.

If your child's symptoms have not improved in 1-2 weeks you should bring your child back to the emergency department so we can do a further assessment. You may have been given a return appointment, we would advise you attend this unless your child has made a full recovery. If you do not attend an appointment we will follow up with a phone call to make sure your child is well

WHAT SHOULD I LOOK FOR IN MY CHILD AFTER BEING DISCHARGED BACK HOME?

Please contact the Emergency Department immediately or bring your child to the Emergency Department if your child:

- ◆ becomes unwell
- ◆ develops a high temperature
- ◆ has pain that's getting worse
- ◆ can't put any weight at all on their sore leg
- ◆ has redness and swelling in any joint on their sore leg
- ◆ has weakness in the sore leg

These are symptoms that could mean a more serious problem. Your child may need investigations such as blood tests or x-rays and may need to be seen by a different medical team.

Please contact the Emergency Department if your child gets worse or does not get completely better in 2 weeks.

Emergency Department University Hospital Wishaw
Telephone Number: 01698 366259

This leaflet only gives general information. You must always talk about your child's treatment with a member of staff in the Emergency Department. Do not rely on this leaflet alone for information about your child's treatment. We can translate this leaflet into other languages and formats for you if needed.

HOW WE KEEP YOUR HEALTH INFORMATION SECURE

NHS Lanarkshire take care to make sure that only people who are allowed to can access your personal information. Our staff have a legal duty to keep information about your health safe, secure and private.

If you want to learn more about how we do this, you can visit our website at <https://www.nhslanarkshire.scot.nhs.uk/data-protection-notice> You can also ask a member of staff for a copy of our Data Protection Notice.

NHS Lanarkshire - for local services and the latest health news visit www.nhslanarkshire.scot.nhs.uk
NHS Lanarkshire General
Enquiry Line: 0300 30 30 243

NHS inform - The national health information service for Scotland.
www.nhsinform.scot
Tel No: 0800 22 44 88

For NHS staff only -

For advice on how to get a leaflet translated for your patients, please contact:
patientinformation@lanarkshire.scot.nhs.uk

For patient letters, records etc. please email:
translation.services@lanarkshire.scot.nhs.uk

We may use Copilot to assist in the production of patient leaflets where appropriate.



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