

# Common Orthopedic Problems Seen in Children - A Quick Guide



When it comes to orthopedic problems, children are not exempt. Just like adults, they can experience a variety of musculoskeletal issues that require attention and care. As parents or caregivers, being aware of these common orthopedic problems in pediatrics is crucial. Understanding their causes, recognizing symptoms, and knowing the available treatment options can help ensure early intervention and proper management. In this blog post, we will explore orthopedic conditions that commonly affect children.

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## Common Pediatric Orthopedic Problems

## **Legg-Calvé-Perthes Disease**

Legg-Calvé-Perthes Disease (LCPD) is a condition that affects the hip joint in children. It occurs when the blood supply to the ball-shaped head of the thighbone (femur) is temporarily disrupted, leading to its collapse. LCPD usually affects children between the ages of 4 and 10, and its cause is unknown. Symptoms may include limping, hip pain, and decreased range of motion. Treatment typically involves rest, physical therapy, bracing, and, in some cases, surgery to correct any structural abnormalities and restore normal hip function.

## **Slipped Capital Femoral Epiphysis**

Slipped Capital Femoral Epiphysis (SCFE) is a condition that primarily affects overweight or obese children during their growth spurt. It occurs when the upper end of the thighbone slips off the growth plate at the hip joint. SCFE can cause hip pain, difficulty walking, and limited hip movement. Urgent medical attention is necessary to prevent further slippage. Treatment usually involves surgery to stabilize the hip joint, followed by physical therapy and weight management strategies to prevent complications and promote healing.

## **Osteochondritis Dissecans**

Osteochondritis Dissecans (OCD) is a condition that affects the joint surfaces, commonly seen in adolescents involved in sports. It occurs when a small piece of bone and cartilage separates from the underlying bone due to inadequate blood supply. OCD can cause joint pain, swelling, and limited mobility. Treatment options depend on the severity of the condition but may include rest, physical therapy, bracing, and, in some cases, surgical intervention to remove or reattach the loose fragment.

## **Periostitis and Stress Fractures**

Periostitis and stress fractures are overuse injuries commonly seen in active children and adolescents. Periostitis refers to the inflammation of the periosteum, the outer covering of the bone, while stress fractures are tiny cracks in the bone. These conditions often occur due to repetitive stress or sudden increase in physical activity. Rest, pain management, and modification of activities are essential components of treatment. Physical therapy and gradual return to activities are crucial for a full recovery and prevention of recurrence.

## Conclusion

By familiarizing ourselves with common orthopedic problems in pediatrics, we can recognize the signs and symptoms early, seek appropriate medical care, and ensure that our children receive the necessary treatment to promote their musculoskeletal health and overall well-being.

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