

Slipped Capital Femoral Epiphysis (SCFE)

Slipped capital femoral epiphysis (SCFE) is a disorder in which the femoral head (ball of the thigh bone) slips off the neck of the femur (thigh bone) through the growth plate. This may occur suddenly (acute) or over a long period of time (chronic).

CAUSES AND RISK FACTORS

Although the exact cause is not known, there are many factors that may be involved in the development of SCFE.

- During rapid growth, the growth plate may be weakened. Hormonal changes during rapid growth may cause the growth plate to become weakened
- Injury (falling, accidents)

Who can get Slipped Capital Femoral Epiphysis?

- More common in boys than girls
- More common in African-Americans
- Happens more often in overweight (obese) children
- Usually occurs between the ages of 11 and 15 years
- May occur in both hips
- May occur in children with endocrine issues

SYMPTOMS AND TYPES

Symptoms can include:

- Pain in groin area, thigh, or knee (pain may not occur in the hip)
- Limping
- Problems walking
- Hip stiffness
- Acute (sudden) slip may have sudden onset of pain and unable to walk
- Chronic (over a longer period of time) slip may have dull pain felt in the groin, thigh, and/or knee

DIAGNOSIS AND TESTS

A physical exam, x-rays, CT or MRI scans will help doctors diagnose slipped capital femoral epiphysis.

TREATMENT AND CARE

Treatment will begin immediately to try to prevent the slipped capital femoral epiphysis from getting worse. Your child will be admitted into the hospital and put in bed.

The most common treatment is surgery. In surgery the doctor will put one or two screws into the ball of the thigh bone. This will help hold the bone in place and prevent further slipping. It is very important that your child not walk on the leg with slipped capital femoral epiphysis before undergoing surgery.

LIVING AND MANAGING

Most patients who are successfully treated for SCFE will do very well. Some children who have had SCFE may be at risk to develop hip arthritis later in life. This is why it is recommended that children with SCFE continue to see their doctor even after they have healed from their surgery. There are additional surgeries that may be recommended to prevent hip arthritis later in life.



**Need an appointment or have questions?
Call 832-822- 3100 for the Main Campus Clinic and
Health Centers.
For our West Campus location, call 832-227-7678.**