

Irritable Hip (Transient Synovitis) Parent Information Leaflet

What is it?

Transient synovitis is the most common cause of a limp in children. It is due to inflammation of the lining of the joint and usually affects the hip, but can affect ankles or knees.

The exact cause is unknown, although in some cases your child may have had a recent viral infection.

How do we treat it?

It usually gets better by itself. Rest and painkillers are usually all that is needed. It should start to improve in around 3 days and be almost normal in around 14 days.

¶Painkillers such as paracetamol and especially ibuprofen can help relieve pain and reduce inflammation.

⊥Antibiotics are not required as this is not an infection.

Advice for home

It is important that you encourage your child to rest at home and should not attend school or nursery until they have recovered. Allow return to usual activities as your child improves, but avoid sport until they are completely better.

What features should I look out for?

Return to the Emergency Department if your child develops **any** of the following symptoms:

- develops fever
- is getting worse despite painkillers
- develops redness/swelling of any part of the leg
- stops walking

You will have been given a limp advice letter about how to arrange follow up if the limp is still ongoing at 7 days.

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