



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.™

Helping Hand™

Health Education for Patients and Families

Sports Medicine: Slipped Capital Femoral Epiphysis (SCFE)

Slipped Capital Femoral Epiphysis (SCFE) is a hip injury that involves the growth plate (physis) of the thigh (femur) bone. This injury occurs when the neck of the femur (metaphysis) moves in relation to the ball on the top part of the femur (epiphysis). SCFE is like a scoop of ice cream falling off a cone. It can occur in one or both hips. While the exact cause is not known, this condition is more likely to happen during a growth spurt or during puberty. It can happen gradually over a period of time or after a fall to injury to the hip.

Signs and symptoms

- pain in the groin, hip, thigh or knee
- limited range of motion in the hip
- limp or abnormal walk with the leg rotated outwards on the injured side
- shrinking of thigh muscle
- pain with running, jumping or pivoting

Increased risk

- males
- most common in those 10 to 15 years of age
- obesity
- endocrine disorders
- family history of SCFE

Treatment

- Crutches or wheelchair
 - Once SCFE is diagnosed, the patient should stop weight bearing at once and start using crutches or a wheelchair. They should be sent directly to the hospital to see an orthopedic surgeon.
- Surgery and physical therapy
 - Surgery is advised. Healing takes time and returning to sports or activities after surgery will be based on progress in physical therapy. Follow-up appointments with the surgeon may last for up to 2 years to check on the position of the bone in the hip.

How to prevent

- control weight to prevent obesity
- treat any endocrine disorders

When to call the health care provider

Call your health care provider or the **Sports Medicine team** at **614-355-6000** if:

- symptoms get worse or do not improve in 2 weeks despite treatment
- new symptoms develop

**To schedule an appointment with Sports Medicine, visit
NationwideChildrens.org/SportsMedicineScheduling or scan
this code with your camera phone.**

