

Knee pain in youth might affect hips

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Hyderabad: Congenital dislocation infection of the joints, problems with circulation of the ball joint and arthritis are found to be the reasons for hip deterioration at a young age. It requires early diagnosis and intervention to prevent the requirement of hip replacement surgery. Blood supply to the ball joint is hindered due to a rare disease during childhood called Perthes disease.

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Jamming of the hip joint restricts the normal range of motion due to trauma to the hip.

The rising incidence of hip dislocation is also due to the irreversible damage caused by arthritis to the hip joints.

Dr K. Raghuvver Reddy, senior shoulder and knee surgeon, explained, "In young adults and children pain in the thigh or knees are an indication of hip problems and it must be evaluated properly by an orthopaedic specialist. Often the delay in diagnosis in treating these problems can lead to irreversible damage in the hip joint."

The problem of pain in the hips is commonly being seen in young people and this is because of the inflammation of the joints due to arthritis, infection and undiagnosed defects.

It is important that when the child is in the formative years of life, from birth to the age of five years, the child must be carried in a position where the legs and knees are apart and the hips stick to the body of the person carrying her.

Advances in medical technology are providing techniques where the faulty hips can be corrected and the problems caused due to alterations in the shape can be corrected early. Experts state that the correction done in the formative years gives better results and hence people must not hesitate to get it diagnosed and corrected.

Dr G. Prasad, paediatric and adult orthopaedic surgeon, said, the technique of hip preservation is being emphasised as it will help reduce the damage caused by arthritis. "With better techniques now available, the point is to ensure that mobility is intact."

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