

More children developing hip problems due to western lifestyle

HYDERABAD: An increasing number of children between the ages of 10 and 14 years are developing hip problems including pain in the hips, arthritis and shifting of the joints. Although only one in 1 lakh children require corrective surgery, many suffer from pain due to hip joint arthritis, say experts.

Speaking about the scenario, Dr Gourineni Prasad, paediatrician and young adult orthopaedic surgeon said, "The main reason for hip problems becoming common in youngsters is adoption of a westernised lifestyle. The Indian way of sitting on the floor, squatting and carrying a child on the hips promotes healthy hip development, but nowadays, sitting on the floor or squatting is avoided. As a result, children these days are developing femoroacetabular impingement."

Once alterations to the hip bones occur, correcting them in the hips that are at risk is now a well-established approach. The hip joint is, meanwhile, a major ball and socket joint designed to enable a person to sit, squat, stand, run and jump. Although the problem is on the rise, in majority of the cases it is overlooked due to the less intensity of the pain. "Not many people are aware that the pain in the thigh or knee could indicate hip problems. In most cases a delay in diagnosis and treatment will lead to irreversible damage and arthritis of the hip," said Dr Raghuvver Reddy, joint replacement surgeon at the Sai Institute of Sports Injury and Arthroscopy. "Early onset of hip problems also means an early hip replacement surgery as well as repetitive surgery, since a hip replacement surgery yields positive results in children aged between 10 and 15 years only," pointed out experts.

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