

# Tower Hamlets Children and Young People Guideline

## Limping Child

**For advice and guidance, contact the Paediatric Hotline.**

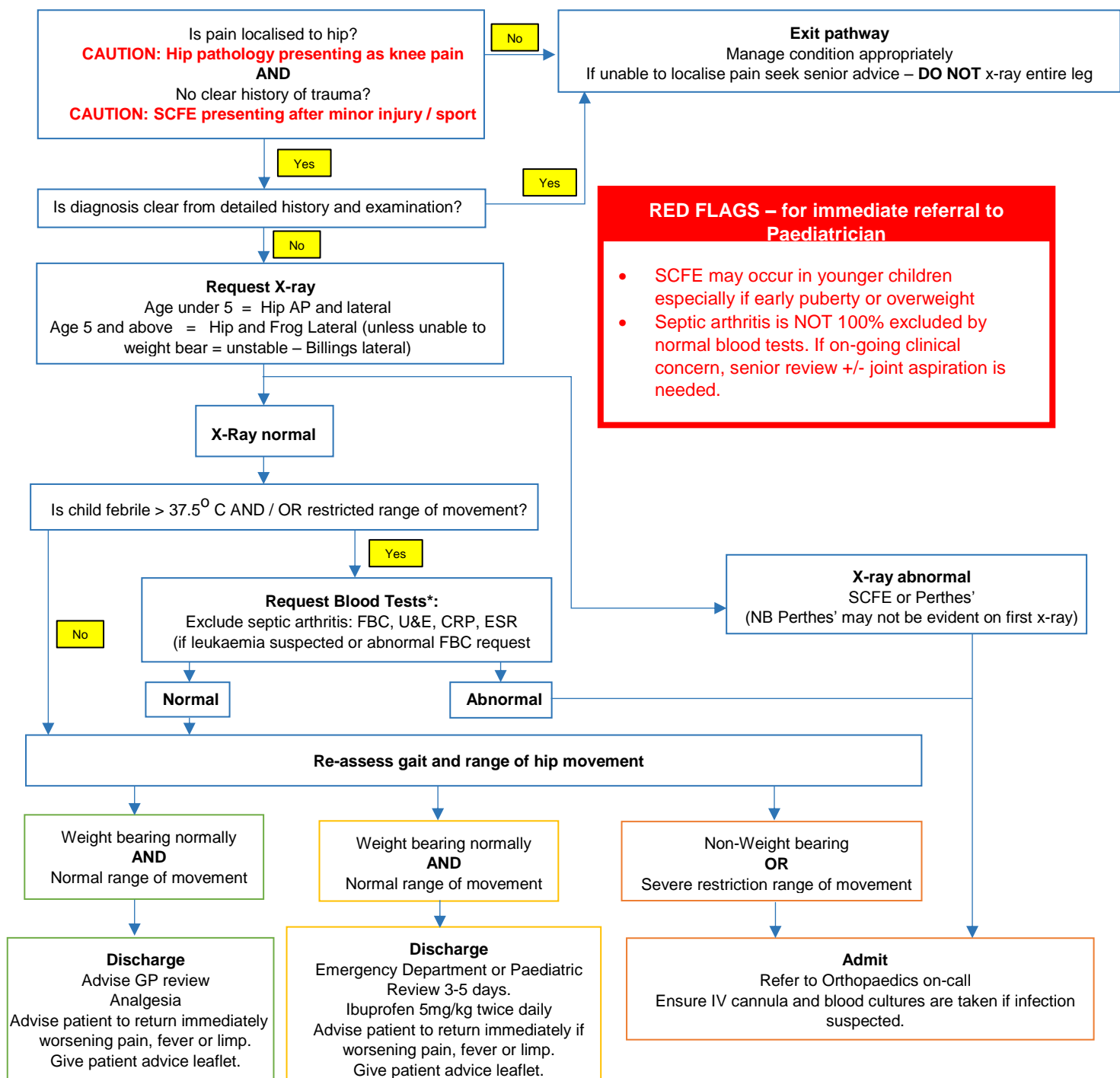
**Telephone number: 07919598173 or E-mail: BHNT.advice-paediatric-barts@nhs.net**

A limping child **without a clear history of trauma** is a very common presentation and a diagnostic challenge. Transient synovitis (TS) is the commonest cause but this diagnosis should only be made after exclusion of more serious disorders. It is essential to take a **detailed history** and **examine the whole child**, not only the leg. Effusion in the hip will make internal rotation and abduction particularly painful.

### Causes of Limp: All Ages

Juvenile Idiopathic Arthritis	Transient synovitis	Sickle cell crisis	Septic Arthritis	Osteomyelitis
Stress fracture	Non accidental injury (NAI)	Cellulitis	Tumour / leukaemia	
Referred pain e.g. spine, abdomen, genitals		Leg length discrepancy	Neurological Causes	

<b>Toddler (1 – 3 years)</b> Developmental Dysplasia Hip (DDH) Toddlers fracture (tibia)	<b>Child (4 – 10 years)</b> Perthes' disease	<b>Adolescent (11 – 16 years)</b> Slipped Capital Femoral Epiphysis (SCFE) Avascular necrosis femoral head Gonococcal Septicaemia
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**RED FLAGS – for immediate referral to Paediatrician**

- SCFE may occur in younger children especially if early puberty or overweight
- Septic arthritis is NOT 100% excluded by normal blood tests. If on-going clinical concern, senior review +/- joint aspiration is needed.

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### Document Control Information

This document was created collaboratively between Tower Hamlets CCG and Barts Health NHS Trust. The document has been approved locally for use within the London Borough of Tower Hamlets.

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<b>Approved By</b>	NELCSU Prescribing Delivery Board, December 2017		

<b>Document Owner</b>	Tower Hamlets CCG Barts Health NHS Trust		
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<b>First Introduced</b>	January 2018	<b>Review Schedule</b>	Annual
<b>Date approved</b>	December 2017	<b>Next Review</b>	January 2019

### Document Overview

This document acts as a guideline and advises on the pathway and procedures which need to be followed when diagnosing and referring patients for treatment. This guideline should be used in conjunction with the users' clinical judgement.

#### Safeguarding

Concerns about Safeguarding should be managed as per LSCB/London Child Protection Procedures and Click [Here](#)  
NICE Guidance to be used where appropriate. - <https://www.nice.org.uk/guidance/cg89>

#### Investigations

Investigation names and acronyms marked with \* are noted as per the TQuest system input.

#### NICE Guidance

<https://cks.nice.org.uk/acute-childhood-limp>