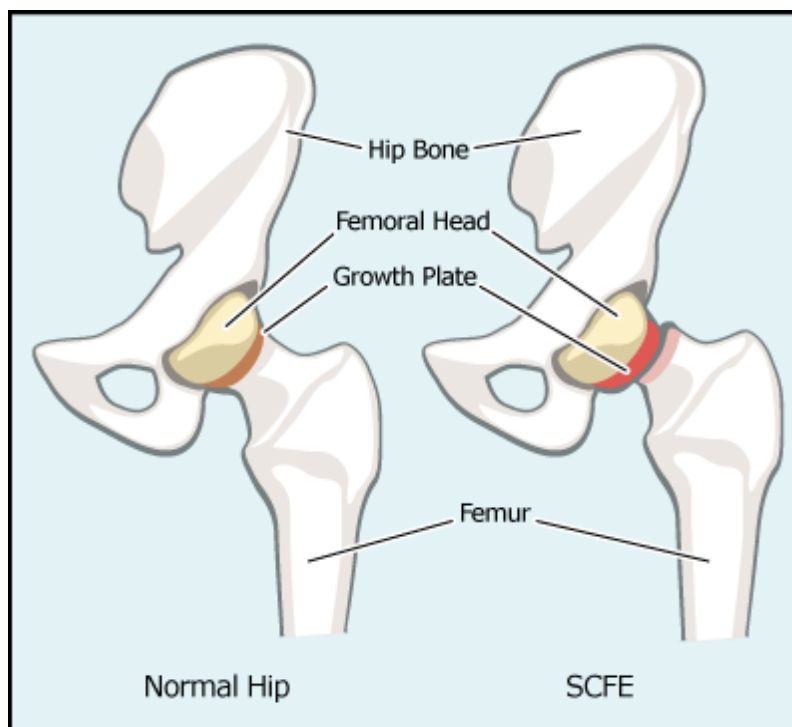


## Patient information

# Slipped Upper Femoral Epiphysis (SUFE)

A child has growth plates at the end of their bones. A SUFE is when the head of the femur (thigh bone) slips off in a backwards direction, for reasons that are not known. It usually happens around puberty between the ages of 11 and 17 years and is more common in boys than girls.



## Symptoms

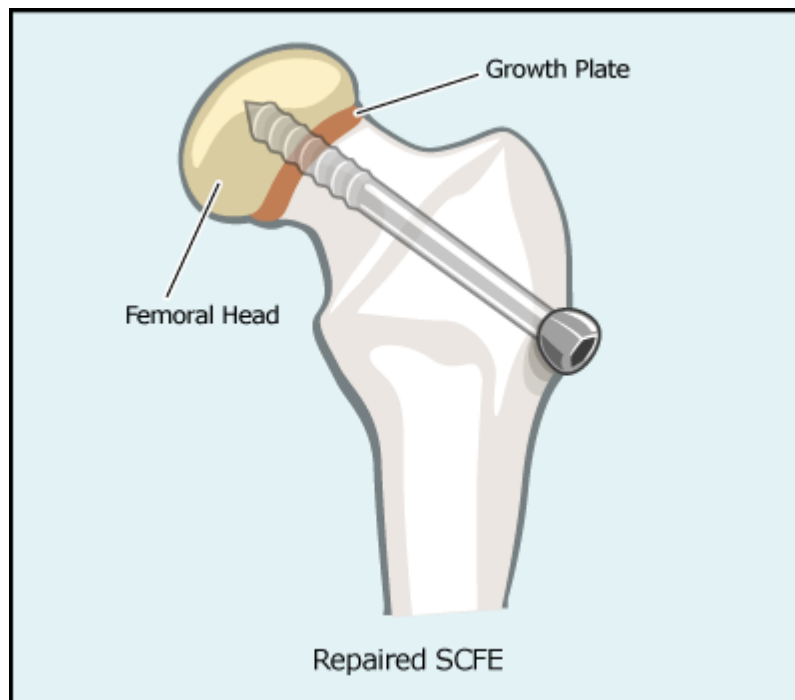
- Pain in the knee, hip or groin
- Difficulty with walking

- A limp may be present
- Affected leg may appear shorter or turned outwards
- Limited movement

X-rays of the hip will confirm the diagnosis and give an idea of how bad the slip is. Your Doctor may also want a MRI and sometimes a blood test.

## Treatment

Your child will need an operation to stabilise the growth plate to stop it slipping any further. It is important to act fast to prevent further slipping and complications. Your surgeon will talk to you about the benefits and risks of surgery.



A surgical screw is inserted across the growth plate securing it to the head of the femur. Your child will be on bed rest for a few days and then non-weight bearing for 6 weeks. After about 2 weeks they will be seen in clinic to check their wounds are healing.

Your child will see a physiotherapist, who will discuss any possible problems you may have once you are home and show them how to get around on crutches.