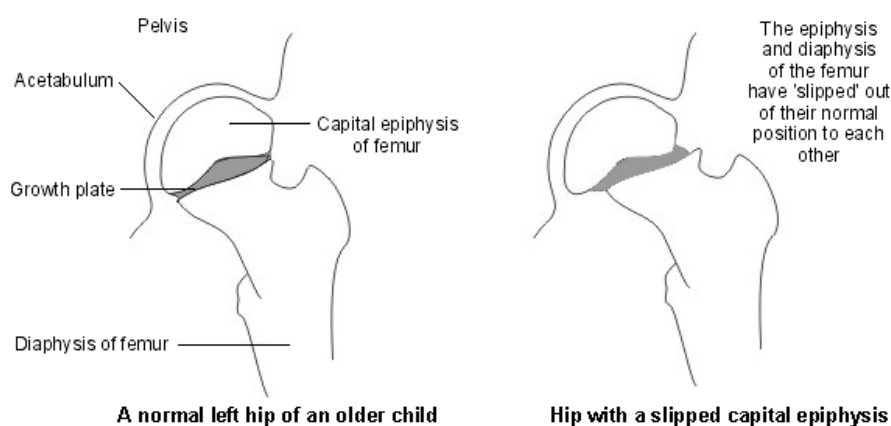


Slipped Capital Femoral Epiphysis (SCFE)

What is a SCFE?

SCFE (slipped capital femoral epiphysis) or SUFE (slipped upper femoral epiphysis) is one of the most common hip disorders affecting adolescents. The prevalence of SCFE is 10.8 cases per 100 000 children. It is more common in boys than girls and is more common in obese children. The typical age on onset is 11 to 12 in girls and 12 to 13 in boys and it is often associated with a growth spurt. SCFE presents bilaterally in 18 to 50 percent of patients

SCFE is a fracture to the growth plate of the thigh bone that results in the ball at the end slightly slipping off the rest of the bone. It requires surgical repair with a long screw to allow it to properly heal and the outcomes of this are very good.



(Imagine from <https://patient.info/bones-joints-muscles/hip-problems/slipped-capital-femoral-epiphysis>)

Would an x-ray help?

In the case of SCFE/SUFE an X-ray is required to determine the severity of the slip and this will allow for the medical team to determine the best course of treatment. The treatment will be decided on by an Orthopaedic Consultant. Normally surgery is required to correct the slip.

What are the symptoms of a SCFE?

The symptoms often develop slowly over several months but can also occur suddenly, especially after a trauma. For example, following a groin strain while playing sport.

Symptoms typically include;

- pain in the groin, hip, thigh and/or knee – some children only have knee pain, even though the condition affects the hip
- a limp, or holding their leg in an unusual resting position
- reduced movement of their hip joint
- a slight shortening of the affected leg.



What is the physiotherapy management for a SCFE?

Physiotherapy management normally begins following surgery to correct the SCFE and will involve progressing weightbearing off crutches to normal walking, improving muscle length and strength and helping you to return to normal function and sports.

How long will it take to get better?

This will depend on the severity of the slip, the type of surgery completed, the level of activity you want to return to and any instructions from the Orthopaedic Consultant .

Sources of information.

https://www.rch.org.au/kidsinfo/fact_sheets/Slipped_Upper_Femoral_Epiphysis_SUFE/

<https://patient.info/bones-joints-muscles/hip-problems/slipped-capital-femoral-epiphysis>

https://www.physio-pedia.com/Slipped_Capital_Femoral_Epiphysis

Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

Sources of information

E.g. specialist nurse, ward, consultant secretary, self-help group, national bodies or Web site addresses.

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:
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The directorate group that have agreed this patient information leaflet:
Department of Trauma and Orthopaedics, Physiotherapy Department

Next review date: December 2025
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