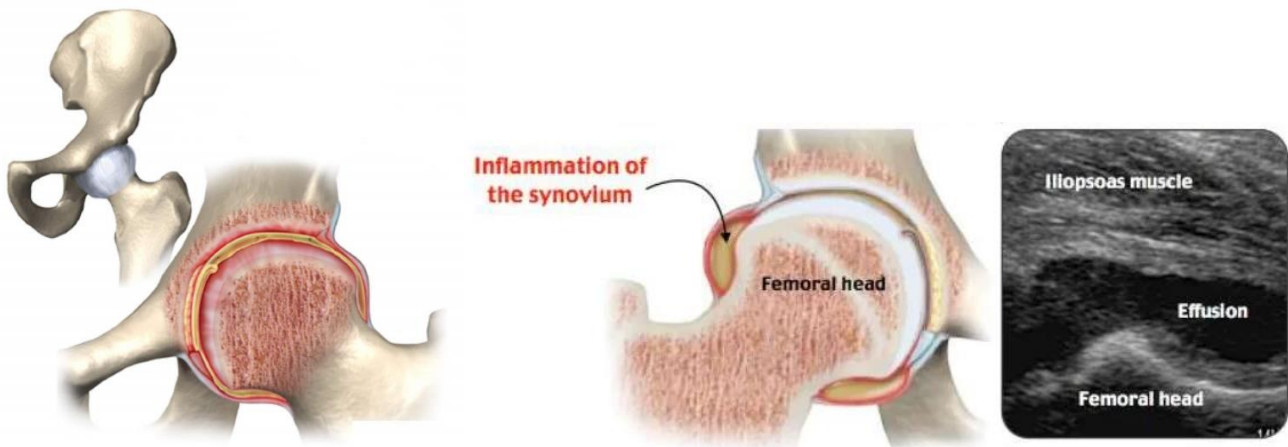




## Transient Synovitis

### What's Transient Synovitis?

Transient Synovitis is inflammation of the “*synovium*” which is the tissue that lines the inside of the hip joint. This causes pain and limitation in the motion of the hip. It most commonly occurs in children ages 3-8 with females > males. The exact cause is unknown but thought to be due to infectious (viral upper respiratory infections commonly), allergic and posttraumatic causes. Transient Synovitis can occur in one or both hips and may also have mild fever, groin/thigh pain, and muscle spasms. Symptoms peak at 1-2 days and typically completely resolve within 1-2 weeks.



### Can other things cause hip pain?

Yes, other things can cause hip pain in children. Infection of the hip bone or joint (septic joint) is a rare but serious cause that should be excluded as it can be serious requiring hospital stay and antibiotics. In patients with septic joint, they often appear sicker with high fevers. This may be confirmed with labs and imaging of the hip to check for signs of infection.

### Treatment:

Conservative treatment with nonsteroidal anti-inflammatory drugs (Advil, Motrin, Ibuprofen, etc.), minimizing walking, and returning to activity as tolerated by your child. The chance of recovery is excellent with full recovery to be expected. If symptoms persist after 2 weeks without improving, please return for exploring other potential causes.