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5 minutes' hip disorders approach - common disorders, diagnosis and treatment in primary care

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Background & Aim: Hip disorders are the disorders that affect the hip joint. The hip joint is comprised of a ball and socket that allows the thigh to move in different directions and it is composed of capsule, cartilage, ligaments, lubricated by the synovial fluid. Hip disorders can affect any of these parts and are often caused by developmental conditions, injuries, or chronic conditions. It urges to differentiate the sources of pain and its treatment/referral in a systematic way so that the best primary care treatment is offered.

Method: We present a short and systematic evaluation algorithm for hip pain pathology. After a revision of the important aspects of local anatomy, a systematic clinical evaluation with a focused anamnesis and objective exam is done. We overview common causes for hip pain, like Osteoarthritis, Developmental Dysplasia, Perthes Disease, Irritable Hip Syndrome, Soft Tissue Pain and Referred Pain, Slipped Capital Femoral Epiphysis. A systematic chart is used to gain insight into some common causes of hip, along with its common treatment and the eventual need for referral.

Results: An effective and straight-forward diagram for the primary care practitioner is presented, for a quicker and smoother consultation, and a better doctor-patient experience.

Conclusions: Using this focused evaluation, it is possible to grant the best possible hip pain management just with a 5 minutes consultation.