

Bilateral Slipped Capital Femoral Epiphysis (SCFE) In A Thin Adult with Hypothyroidism

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INTRODUCTION:

SCFE is associated with underlying endocrine disorder such as hypothyroidism which can cause delay in endochondral and intramembranous ossification as well as hypoplasia of the epiphyseal plate.

REPORT:

A 20-year-old male with underlying craniopharyngioma and hypothyroidism of L-thyroxine since 10 years old presented with history of falling from 2 flight of stairs. Post fall he complained of pain over right hip and was unable to ambulate due to pain. Prior to fall, patient did suffer from knee pain, resulting in occasional limping. On examination, patient has a normal body mass index. He was unable to weight bear due to pain, there is tenderness with limited range of movement over the right hip and the right lower limb was externally rotated. Radiograph of the pelvis showed posterior displacement of the right femoral epiphysis with blurring of the right metaphyseal growth plate. The patient was diagnosed with SCFE and underwent surgery for closed manipulative reduction and percutaneous screw fixation of right hip. At 3 month follow up pt was able to weight bear completely and ambulate without aid. Flexion of the right hip was 0-140 degrees. One year post surgery patient had another history of trivial fall where patient rolled from the bed and fell on his left hip. Patient presented with similar symptoms and after further investigations and repeated radiograph of the pelvis and CT scan he was diagnosed with SCFE on the contralateral hip and was planned for percutaneous fixation in situ.



Figure 1: Post Operative Radiograph following fist fixation



Figure 2: CT scan following second fall showing irregular sclerosis

CONCLUSION:

In conclusion, our patient was non obese adult and had an underlying endocrine disorder and represents a rare case of SCFE.

REFERENCES:

1. J. S. Perfitt, M. J. Petrie, C. M. Blundell, and M. B. Davies, "Acute quadriceps tendon rupture: a pragmatic approach to diagnostic imaging," *European Journal of Orthopaedic Surgery and Traumatology*, vol. 24, no. 7, pp. 1237–1241, 2014