Preventing Hip Pain in Children with Cerebral Palsy: The Application of Hip Surveillance Guidelines and Treatment Strategies

Presented by: Rachel Tombeno PT, DPT, Jonathan Greenwood PT, DPT, MS, CEIS, cNDT, PCS, Benjamin Shore MD, MPH, FRCSC

Description: An overview of the epidemiology and current research in the management of hip displacement in children with CP will be presented. The consensus statement on hip displacement: Australian Standards of Care will be presented. This information will be integrated to present a rationale for a management algorithm and discussion on the importance of community involvement to decrease risk of hip displacement. In addition discussion regarding evidenced based and practical approach to pain management for maximizing functional outcomes in children with hip displacement due to cerebral palsy.

Objective 1: Gain knowledge of the epidemiology of hip displacement in children with cerebral palsy.

Objective 2: Understand evidence for the physical therapy management of hip displacement with a focus on patients who function at GMFCS IV and V.

Objective 3: Be able to measure migration index to determine risk of hip displacement.

Objective 4: Understand the rationale for management options and timing of intervention for hip displacement and long-term outcomes of intervention.

Objective 5: Understand the importance of hip surveillance in the prevention of pain and deformity through the lifespan.

Rachel Tombeno PT, DPT has been an outpatient physical therapist at Boston Children’s Hospital for more than 10 years. She is active in research for patients with cerebral palsy and adolescent idiopathic scoliosis.