

Coxitis simplex

Coxitis simplex (latin for a simple hip joint inflammation, also referred to as irritable hip), is caused by an increased amount of fluid in the hip joint, it is not dangerous and gets better on its own. Children between the ages of 2 – 12 can present with coxitis simplex, but it is most common around 5-6 years old.

Common symptoms include groin, thigh or knee pain and limping. The pain can start suddenly or slowly and can be anything from a little limp to so much pain that the child can't walk.

Before the inflammation starts, your child may have had an infection, for example, a cold. Most often though, the symptoms start without having had an infection beforehand.

To rule out other causes of pain, a temperature and a simple blood test are taken, along with a thorough physical examination. No more examinations are necessary if these tests are in line with coxitis simplex.

Treatment is rest and pain relief as needed. Your child should be home from childcare/school until they are free from symptoms. Symptoms can last from a few days up to two weeks and can vary in intensity over that time.

Come back to the emergency department if your child has worsening symptoms, a fever or start feeling unwell. If your child still has pain after 3 weeks, seek care at your *vårdcentral*/primary care clinic/GP clinic.

Children's emergency department

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