

SLARMR ASS 2015 OP 3 :

IDIOPATHIC CHONDROLYSIS OF THE HIP: A CASE SERIES

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Idiopathic chondrolysis of the hip is a rare condition of unknown aetiology characterized by progressive destruction of the hyaline cartilage that covers the femoral head and acetabulum. It has an insidious onset and affects more often female adolescents. Medical imaging techniques form the cornerstone of diagnosis. Clinical outcome varies from recovery to fibrous ankylosis. While there is still no consensus regarding the standard treatment of idiopathic chondrolysis of hip, there are case reports where treatment with disease modifying anti rheumatic drugs resulted in remarkable recovery.

In this study we aim to report four cases of similar presentation to the Department of Rheumatology and Rehabilitation, Lady Ridgeway Hospital, Colombo. All patients were females in adolescent age group who presented with unilateral hip pain and limp for more than three months duration without systemic features or history of preceding trauma. Restricted hip movements were elicited during clinical examination and inflammatory markers were negative. Imaging studies (radiography, ultrasonography and magnetic resonance imaging) essential for the diagnosis were done.

Following a diagnostic delay, treatment with disease modifying anti rheumatic drugs were started recently and the response to treatment is yet to be evaluated.