Intra-articular corticosteroid injections for care of hip dislocations in cerebral palsy adults

CHU Lapeyronie, MPR, 371, avenue du Doyen Giraud, 34090 Montpellier, France

CHU Gui-de-Chauliac, neurochirurgie, Montpellier, France

CHU Lapeyronie, chirurgie infantile orthopédique, Montpellier, France

CHU Lapeyronie, chirurgie orthopédique, Montpellier, France

CHU Lapeyronie, radiologie, Montpellier, France

*Corresponding author.

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Introduction.– The incidence of hip dislocations in cerebral palsy is significant [1], requiring prevention, including botulinum toxin injections [2] from childhood. Hip dislocation may be diagnosed with delay, causing persistent pain. Intra-articular corticosteroid hip injections may temporarily relieve pain and delay surgery.

Observation.– In University Hospital of Montpellier, from July 2009 to January 2011, four non-walking patients with cerebral palsy, 15 to 25 years old, with unilateral hip dislocation, had intra-articular hip corticosteroids with local anaesthetic injections for three of them. Patients 1, 2 and 3 had botulinum toxin injections in periarticular muscles in the same time.

Results.– For patient 1, injection of corticosteroids resulted in total pain relief at 48 hours lasting 3 months (hetero assessment, pain VAS impossible), the intervention was repeated three times. Regarding temporary benefit and severe pain, the patient had a soft-tissue surgery of the hip 3 months after the last injection. For patient 2, injection of corticosteroids resulted in a decrease in pain immediately after the intervention and for 1 month (hetero assessment, pain VAS impossible). He then had a femoral valgisation osteotomy 4 months later. For patient 3, one first injection was effective on pain, so repeated 5 months later with long-lasting effect and no need for surgery. For patient 4, the injection was inefficient (pre-injection VAS 70/100 and immediately post-injection 60/100, at 2 months 70/100). Due to the severity of pain and grade IV chondropathy on scan imaging, hip arthroplasty was proposed.

Discussion.– Corticosteroids associated with an anaesthetic test may have diagnostic and therapeutic value, achieving pain relief for three patients which lasted several weeks. Injections may result in a decrease in osteoarticular pain, while botulinum toxin has an effect on the muscular component of pain. This type of intervention is not described in the literature for cerebral palsy adult patients.

Conclusion.– Intra-articular hip injections of corticosteroids may result in temporary pain relief and delay possible surgery.

Further reading

Conclusion
The relationship was no longer found (adjusted OR = 2.45 (95% CI: 0.69–8.68); ±

Results
The mean age at time of stroke was 42.8±7.32 years (from 31.8 to 54.8) for the control group. Delay from stroke to surgery for HO excision was 80.9±92.5 months (from 13.5 to 39.87). A significant association between hemorrhagic stroke and HO development was found (OR = 2.99 (95% CI: 1.14–7.88); ±

Methods
Twenty-four stroke patients with 31 troublesome HO were retrospectively studied between 1993 and 2009 in our institution. They were each matched with four controls i.e. 96 stroke patients without troublesome HO. Matching criteria were age (± 3.5 years) and sex.

Results
– Évaluation fonctionnelle : alimentation, toilette, écriture, DASH.

Résumé non-communiqué.

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