

# Limp advice sheet

Advice intended for parents/ carers taking their child home after seeing a healthcare professional



## How is your child?



RED

If your child has any of the following:

- Is pale, mottled and feels abnormally cold to touch
- Is going blue around the lips
- Becomes extremely agitated, confused or very lethargic (difficult to wake)
- Has a fit / seizure
- Develops a rash that does not disappear with pressure (see the 'Glass Test')
- If you think that your child has broken a bone

**You need urgent help**

Go to the nearest Hospital Emergency (A&E) Department or phone 999



AMBER

If your child has any of the following:

- Is unable to put any weight on their leg
- Is no better after 48 hours
- Develops a fever above 38.5°C

**You need to contact a doctor or nurse today**

Please ring your GP surgery or call NHS 111 - dial 111



GREEN

If your child:

- Continues to have pain/limp that is slowly improving but he/she is otherwise well

**Self Care**

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 – dial 111

## How can I help my child?

- Use painkillers such as ibuprofen and paracetamol to keep your child comfortable - please read and follow the instructions on the medicine container

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## Why does your child have a limp?

- If your child starts limping, it's usually the sign of a minor injury such as a sprain. However, if they haven't had an obvious injury, they may need to be seen by a healthcare professional to look for other possible causes.
- Irritable hip (also known as Transient Synovitis) is a common childhood condition that causes symptoms of hip pain and limping.
- However, irritable hip shares some of the symptoms of more serious hip conditions, such as septic arthritis (an infection inside the hip).

## What should you look out for?

- If your child develops a temperature above 38.5°C, their pain is no better after 48 hours or they are unable to put any weight on their leg, they need to be seen urgently by your GP.

## What can you do to help your child?

- Give your child regular ibuprofen for a few days. You can also give paracetamol to help with the pain.
- Your child should rest as much as possible until the symptoms have resolved. You can then allow your child to gradually return to their usual activities

## How long will it take for my child to get better?

- Your child should start getting better within a couple of days.
- If they are no better within 48 hours, or not back to normal within 7 days, you should arrange for them to be seen by your GP.