A 54-year-old woman was seen due to right leg pain for the last three months. She declared that the pain started from the right knee radiating towards the hip joint. She also had bilateral ankle pain that increased during walking. She did not complain of any weakness in the lower limbs. The medical history was unremarkable. Physical and neurological examinations of the low back region and the lower limbs were normal except a 4 cm length difference between the extremities (right > left) and bilaterally positive Trendelenburg sign. Pelvic x-ray of the patient revealed bilateral dislocation the femoral heads (Figure 1). The patient was consulted to the orthopedic surgery department. The surgeons did not recommend surgery and advised a control visit in case of hip pain.

The natural history of bilateral congenital hip dislocation in adults depends on the possible development of a false acetabulum. If there is no false acetabulum formation, femurs ride high, supported only by the gluteal musculature. Consequently, patients may complain of low back pain. As such, in our patient, we have prescribed a home-based exercise regimen that comprised strengthening of the low back in addition to the hip muscles.

Correspondence to
Levent Özçakar
Fakülteler mahallesi Yeni Acun sokak 11/2
Cebeci, Ankara, Turkey
Tel: 90 312 3094142
Fax: 90 312 3105769
E-mail: lozcakar@yahoo.com

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