

Prevention of Inflammation in Perthes Disease Using Steroid Injections

ACTRN12613000298718

Status	RECRUITING
Sponsor	The Children's Hospital at Westmead
Enrollment	40 participants

Plain Language Summary

Perthes disease is a childhood condition where the ball part of the hip joint temporarily loses its blood supply, causing the bone to die and reshape over time. It can cause pain, stiffness, and limping in children, and recovery can take years. This study is testing whether injecting a long-acting steroid (triamcinolone hexacetonide) into the hip joint can reduce inflammation, improve movement, reduce pain, and lead to a better hip shape — possibly even shortening the duration of the disease.

You may be eligible if:

- Your child is between 4 and 12 years of age
- Your child has been diagnosed with Perthes disease on x-ray and MRI
- Your child has not had previous surgery for this condition
- Your child has less than 20 degrees of hip movement on extension

You may NOT be eligible if:

- The hip bone death is caused by something other than Perthes disease
- Your child has previously been treated with bisphosphonates
- Your child is pregnant or sexually active without using contraception
- Your child has a significant medical or psychiatric condition that might prevent them from completing the study

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (4)

- Boys and girls aged 4 years to 12 years old (inclusive)
- Unilateral Perthes disease diagnosed on x-ray and confirmed on Gadolinium enhanced MRI,
- No previous operative interventions
- Less than 20 degrees of abduction in hip extension.

Exclusion (4)

- Femoral head AVN not due to Perthes disease.
- Previous treatment with bisphosphonates.
- Current pregnancy or sexually active and not using a medically acceptable form of birth control of both male and female participants
- History of clinically significant organic or psychiatric disease or findings on physical examination, which in the opinion of the Investigator would prevent the patient from completing the study.

Locations (1 total)

The Children's Hospital at Westmead - Westmead, NSW, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12613000298718>

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