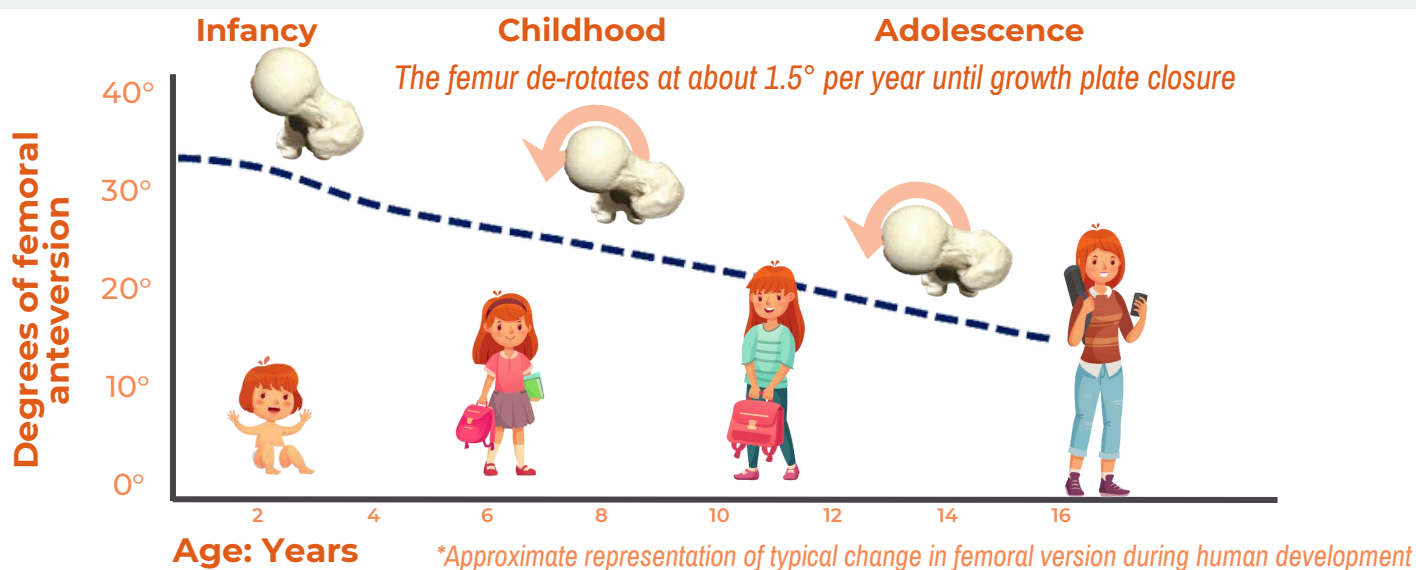


HIP FACTS FROM THE LITERATURE #83

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FEMORAL ANTEVERSION IS HIGHEST AT BIRTH, THEN GRADUALLY REDUCES UNTIL GROWTH PLATE CLOSURE



FEMORAL MALVERSION (TOO MUCH OR TOO LITTLE TWIST IN THE FEMUR) HAS IMPLICATIONS FOR JOINT HEALTH. IT'S IMPORTANT TO BE AWARE OF WHAT'S 'NORMAL' IN DIFFERENT AGE-GROUPS.

Femoral anteversion is highest at birth, usually between 30 and 40degrees. The femur gradually de-rotates about 1.5degrees per year during childhood and adolescence until growth plate closure. A normal amount of anteversion in an adult is between 10 and 20 degrees of twist between the proximal femur (line of the neck of the femur) and the distal femur (line across the back of the femoral condyles). If you are assessing a child or early adolescent, remember that it's normal that they will have more anteversion than an adult.

Femoral malversion (too much or too little twist in the femur) has implications for joint health. If there are concerns around excessive anteversion in children or early adolescents, promoting plenty of weightbearing physical activity may help accelerate the de-rotation. Once the growth plates are closed, femoral malversion is something we need to identify and accommodate in our approach to management of hip pain.

Scorcelletti M, Reeves ND, Rittweger J, Ireland A. Femoral anteversion: significance and measurement. J Anat. 2020 Nov;237(5):811-826. doi: 10.1111/joa.13249. Epub 2020 Jun 24. & other sources