Perthes Disease: Timeline for Hip Distraction Treatment
for Patients of Dr. Shawn C. Standard
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**Phase 1: Hip Distraction Treatment**
- **Hip Distraction Period**
  - Turn distractor 1/4 turn twice a day for approximately 2 weeks

**Phase 2: Post-External Fixator/ Hip Mobilization**
- **External Fixation**
  - External Fixation remains in place
  - Extension Bar used at least 2 times/day and used all night

**Phase 3: Monitor and Maintain Progress**
- **Extension Bar (EB)**
  - Extension Bar used at least 2 times/day and used all night

In Baltimore At Home

1st month
- Inpatient Surgery to Apply External Fixator (4 days in hospital)
- Send x-rays to RIAO with PT range of motion
- Appointent at RIAO 2 weeks after surgery

2nd month
- Outpatient Surgery to Remove External Fixator
- Send x-rays to RIAO with PT range of motion

3rd month
- Appointent at RIAO 6 weeks after external fixator removed

4th month
- Appointent at RIAO (every 2–3 months)

5th month
- External Fixation remains in place
- PT reduced to 2–3 times/week

6th month
- External Fixation maintains distraction
- PT 3–5 times/week

7th month
- Brace/Pillow worn “full-time” for 4 weeks
- PT 1–2 times/week

8th month
- Brace/Pillow worn at night for 3–6 months depending on your progress
- PT 1–2 times/week

9th month
- Perthes Exercises 2 times/day for the first 6 months after removal of fixator
- PT reduced to 1–2 times/month

10th month
- Perthes Exercises once a day

11th month
- External Fixation remains in place
- External Fixation maintains distraction (4 days in hospital)

12th month
- After 1 year, appointments at RIAO every 6–12 months until the age of 18

* Timing of surgery and appointments depends entirely on your unique situation and progress. Consult with Dr. Standard and his medical secretary before making any travel or housing arrangements.

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