**Physical activity and sedentary behavior in children and adolescents with healed Legg-Calve-Perthes Disease, Slipped Capital Femoral Epiphysis (SCFE), and Developmental Dysplasia of the Hip (DDH).**

**Know:** Children with chronic hip conditions should engage in PA (Jackie’s previous paper).

**End goal:** Create an international database of PA levels and sedentary behaviour in pediatric hip patients tohelp develop PA guidelines that optimize outcomes for pediatric hip patients.

**What we are looking at in this study:**

* To understand activity levels within this cohort, focusing on the extent to which healed pediatric hip patients meet current guidelines for physical activity and sedentary behavior

**Hypothesis:** Hip patients will have both inadequate physical activity levels and increased levels of sedentary behaviour.

**Methods include:** anthropometry, subjective hip outcome (IPSG-HOOS), physical activity questionnaire, accelerometry, and activity log.

Strength training?

Looking at 24 hour movement guidelines not just 1 hour a day

10 of each hip pathology

Controls, community based? Or siblings?

* Control from national data

SCFE and Perthes registry

Incentives = $250 for completing

* $20 for initial

Variability in age, time frame of recovery

Progress paragraphs every 2 weeks

2-year timeline for MSc ideas

Case-control experiments – comparative study

**Significance:**

* This project will provide critical data on the amount of PA and sedentary that healed hip patients currently engage in.
* Will hopefully inform current orthopaedic practice on the importance of understanding PA in their patients

The purpose of this study is to assess the levels of physical activity (PA) and sedentary behavior in children and adolescents who have healed from three common pediatric hip conditions: Legg-Calve-Perthes Disease, Slipped Capital Femoral Epiphysis (SCFE), and Developmental Dysplasia of the Hip (DDH). While these patients are expected to return to normal activity post-healing, the study aims to determine if their physical activity levels meet current Canadian Movement Guidelines and to identify any factors influencing these levels. The findings could guide orthopedic surgeons in offering better recommendations for activity and lifestyle adjustments, reducing long-term risks such as osteoarthritis. Additionally, the study seeks to evaluate the validity of physical activity questionnaires (PAQ-C and PAQ-A) in this population​.