





The main causes of femoral head necrosis are compressive, such as forced reductions, stretching, and even abduction, where the head is compressed by the muscles around it. It is also crucial that the hip is in the proper position when it is immobilized in a spica cast and then with a brace.

In order to center the femur inside the acetabular cavity without suffering from cephalic vascularization and to prevent recurrent dislocation, the femur must be properly flexed and abducted to the “safe zone.”

Safe zones are those with the hips flexed at 80–90 degrees and abducted at roughly 60–80°. There is a risk of relaxation for abduction values below 60°, and a risk of vessel stretching for values above 80°.

## References

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