

Bubs with clicky hips

Pavlik harness

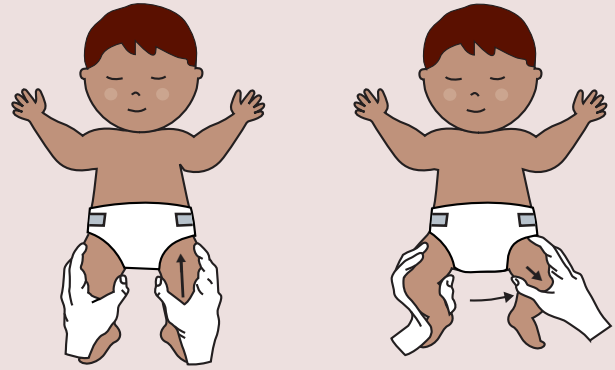
Developmental dysplasia of the hip (DDH)

Keeping our mob healthy

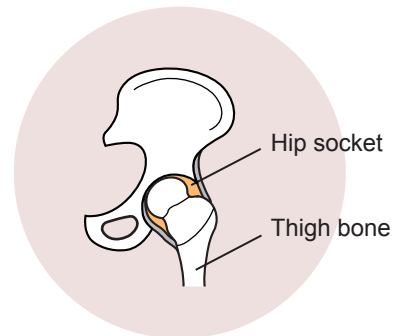
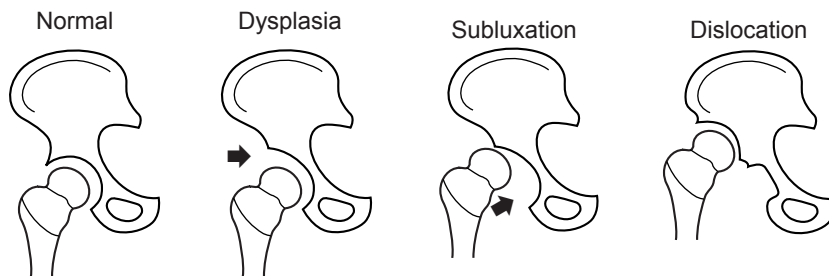
Developmental dysplasia of the hip

Bubs hips are checked to make sure the ball shape thigh bone fits into the pelvis socket.

The leg can then move up and down, and side to side.



Some bubs have hips where the ball and socket doesn't fit well. This is DDH.



DDH can happen to any bub but is more common:

- in 1st born bubs
- girls
- breech bubs
- when family members had DDH

It is best for bub to get treatment early. If they don't, they could have leg shortening and problems in their spine, knee or ankle later and they might need an operation to replace their hip when they are an adult.

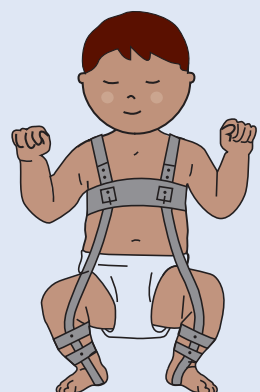
Treatment for DDH can be a brace, plaster or surgery. The doctor may send your bub to the PCH Orthotics Service for a brace.

What is a Pavlik harness?

A brace that bub wears. Bub wears it under clothes. It keeps bub's hips in a good position.

It doesn't hurt bub. Bub may not like it at first, they may cry, but it is very important bub wears it. They will get used to it.

Don't change the brace. Leave this to the orthotist. Any problems ring the Orthotics Service on (08) 6456 0411.



Putting the harness on

- Lay the harness out and undo all the straps
- Lie bub on top - do up the chest strap – leave a bit of space
- Next, do the shoulder straps up to the line
- Put one foot at a time into the booties and do the straps up firmly
- Bub is now in the harness and the six straps the orthotist has marked in the right spot



Nappy changes

Leave the harness on when changing bub's nappy. Put the nappy tabs through the straps at the back of the legs.

Don't put the harness inside the nappy.

Holding bub

it is important to:

Keep bub's knees out to the sides all the time

Do not push bub's knees inwards

Bathing

Only take the harness off to bath your bub if the orthotist says that's ok. If bub has to wear the harness all the time then clean bub with a sponge bath.



Clothes

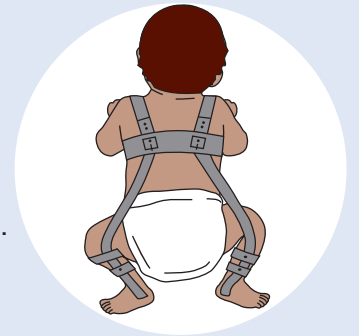
Put clothes on top of the harness – you can put a singlet underneath the harness but only change the singlet once a day when you take the brace off for a bath

Car seats and prams

If you are worried your bub will not fit in the car seat or pram with the harness, please tell the orthotist. They can help.

Tummy time

Give bub tummy time in the brace, look out for bub. Putting a thin pillow under bub's chest can help.



Follow up care

An outpatient appointment will be posted to you.

Please bring your child back so we can check the brace.

This is important.

You will have an orthopaedic doctor appointment to check the hips.

Please remember:

- Your bub needs to wear the Pavlik harness _____ hours per day.
- Your orthotist is _____
- Orthotics Service phone number is (08) 6456 0411
- Your next orthotics appointment is _____



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