

Bubs with clicky hips

Keeping our mob healthy

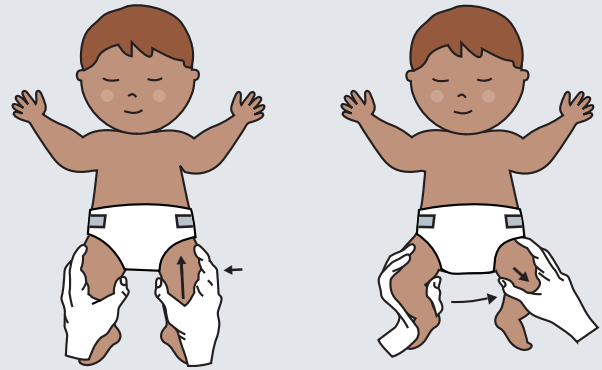
Rhino brace

Developmental dysplasia of the hip (DDH)

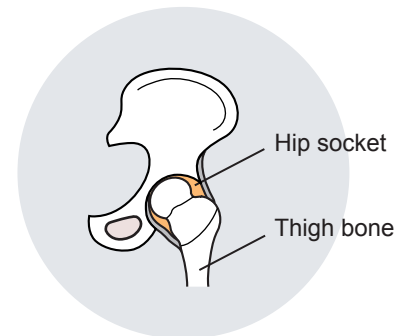
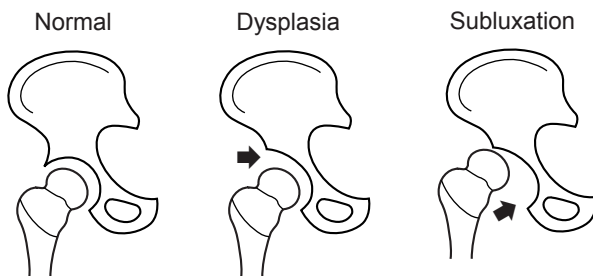
Developmental dysplasia of the hip

Bub's 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 fix it.

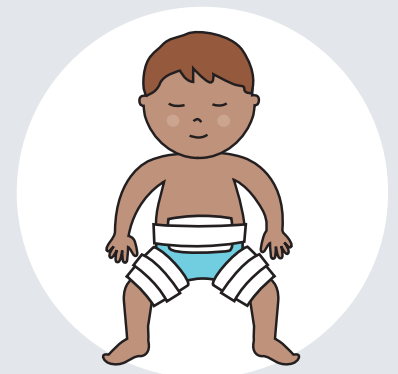
Treatment for DDH can be a brace, plaster or surgery. The doctor may send your bub to the PCH Orthotics Service for a brace.

What is a Rhino brace?

A brace that bub wears. Bub wears over the nappy. It keeps bub's hips in a good position.

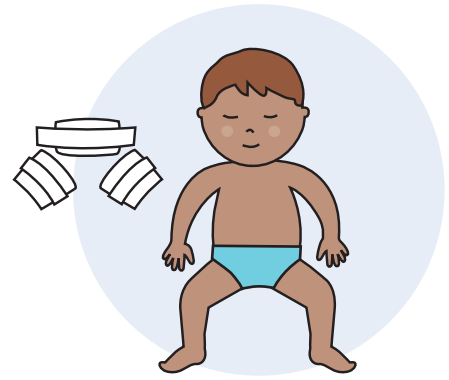
It doesn't hurt bub. Bub may not like it at first, they may cry, but it is important bub wears it. They will get used to it.

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



Putting the brace on

- Lay the brace down with hole facing the ground
- Lay bub down in the brace – legs to the sides
- Fasten the leg straps firmly
- Fasten the tummy strap leave a bit of space



Bathing

Take the brace off to bath the bub.

Nappy Changes

Take the brace off to change bub's nappy.

To clean the brace

- Wipe it with cold soapy water and a cloth
- Dry the brace well before putting back on bub
- Don't leave the brace where it is hot

Clothes

Put clothes on then put the brace on top top.

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.

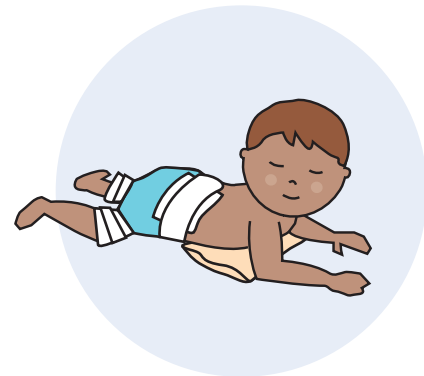


Tummy time

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

Crawling and walking

Bub can learn to crawl and walk in the brace.
Crawling and walking in the brace is good for bub.
If you see a crack or bend in the plastic between the legs, tell the Orthotics Service, call (08) 6456 0411.



Follow up appointments

An outpatient appointment will be posted to you.
Please bring the brace, so we can check the fit on bub.
This is important.
You will have an orthopaedic doctor appointment to check the hips.

Please remember:

- Your bub needs to wear the Rhino brace _____ hours per day.
- Your orthotist is _____
- Orthotics Service phone number: 6456 0411
- Your next orthotics appointment is _____



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Telephone: (08) 6456 2222
Produced by: Social Work
Ref: 1257 © CAHS 2019



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