



## Bubs with clicky hips

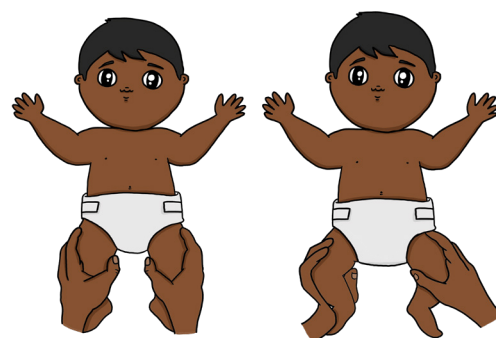
### Rhino brace

#### Developmental dysplasia of the hip (DDH)

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.

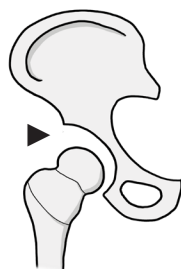
Some bubs have hips where the ball and socket doesn't fit well. This is called DDH.



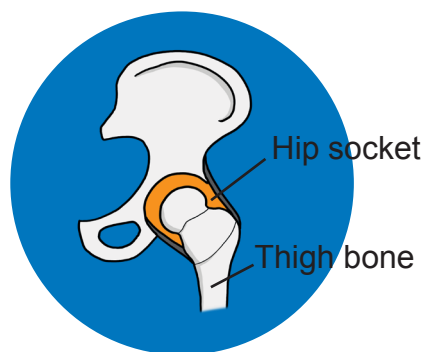
Normal



Dysplasia



Subluxation



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 bub to the PCH Orthotics Service for a brace.

#### What is a Rhino brace?

A brace that bub wears. Bub wears it 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

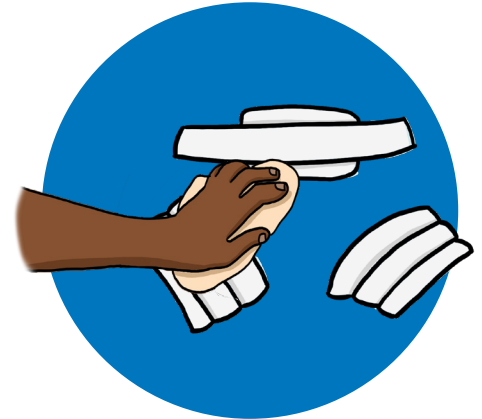
Take the brace off to bath bub.

## 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

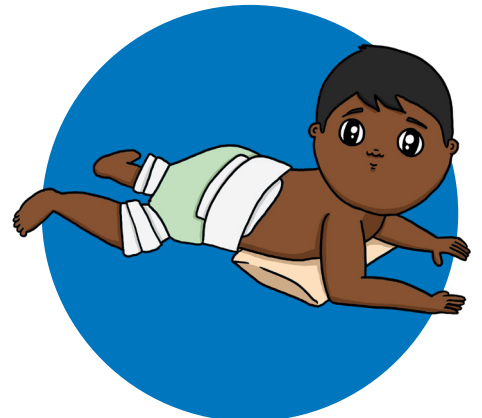
Put clothes on then put the brace on top.

## Car seats and prams

If you are worried 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:

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



Government of Western Australia  
Child and Adolescent Health Service

This document can be made available in alternative formats on request for a person with a disability.

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