



Bubs with clicky hips

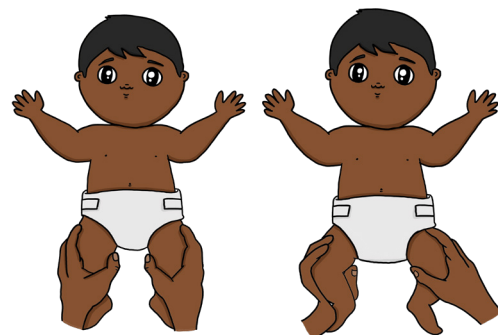
Pavlik harness

Developmental Dysplasia of the Hip (DDH)

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.

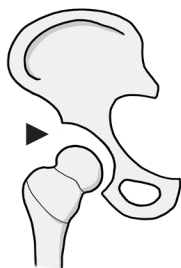
Some bubs have hips where the ball and socket doesn't fit well. This is DDH.



Normal



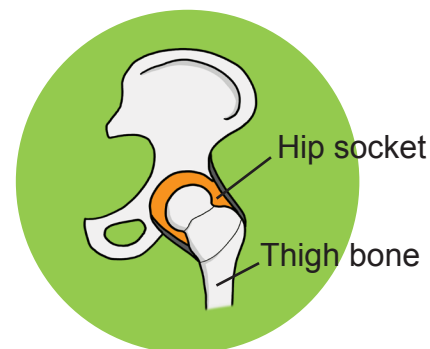
Dysplasia



Subluxation



Dislocation



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 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 call 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 6 straps the orthotist has marked in the right spot.

Holding bub

It is important to:

- Keep bub's knees out to the sides all the time. **Do not push bub's knees inwards.**



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.



Bathing

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

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.

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.



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

A follow up appointment will be sent to you. It is important to bring bub back so we can check the brace and an orthopaedic doctor will check bub's 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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This document can be made available in alternative formats on request for a person with a disability.

Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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