

Patient information

Developmental dysplasia of the hips



An appointment will be made for your baby to attend a hip ultrasound at the Radiology Department

If you do not receive an appointment within 2 weeks please call this number: 01284 712567

Introduction

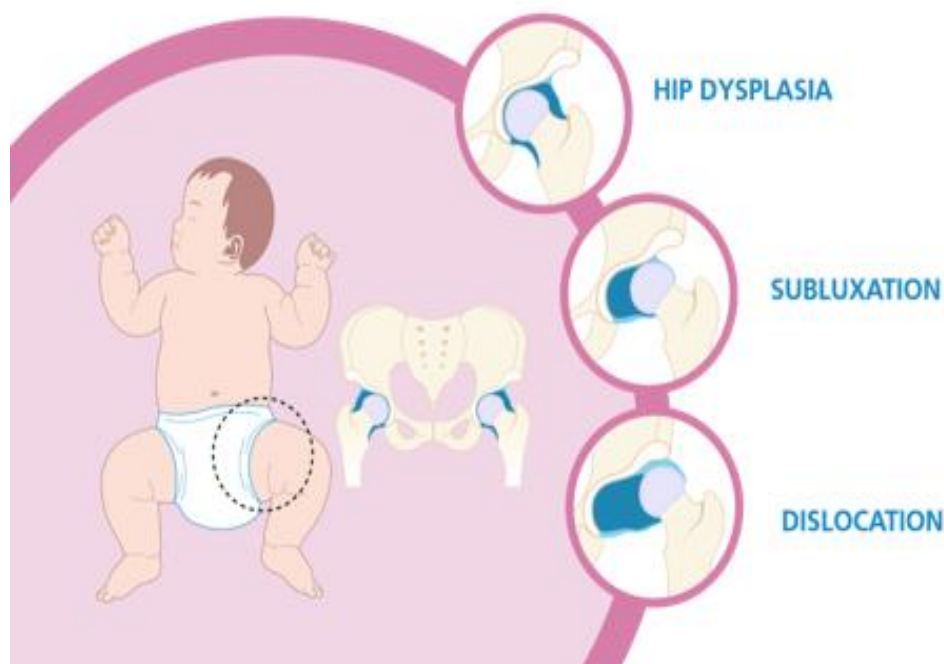
Following your baby's Newborn and Infant Physical Examination (NIPE) the midwife/doctor suspects that your baby may be at risk of developmental dysplasia of the hip (DDH). This may be because your baby has certain risk factors for developing DDH, for example, being in a breech position during pregnancy/at birth or a family history of DDH. It could also be due to concerns regarding your baby's hips during the newborn examination. This leaflet gives more information about what this is and how it is diagnosed.

What is developmental dysplasia of the hip?

Developmental dysplasia of the hip (DDH) is a condition where the ball and socket joint of the hip does not form properly. This can sometimes be known as congenital hip dislocation or hip dysplasia.

The hip joint connects the thigh bone to the pelvis. The top of the thigh bone is rounded like a ball (femoral head) and sits inside the cup-shaped hip socket (acetabulum).

In DDH, the socket of the hip is not well developed, and the top of the thigh bone is not held tightly in place. In severe cases the top of the thigh bone can come out of the socket (dislocate).



Without treatment, DDH can lead problems in later life, such as:

- Developing a limp
- Hip pain– especially during the teenage years or early 20's
- Painful, or stiff joints (Osteoarthritis).

If not treated in infancy, surgery may be required at a later date.

With early diagnosis and treatment, most children will develop normally and have a full range of movement in the hips.

How is DDH diagnosed?

In order to confirm a diagnosis of DDH, your baby will need an ultrasound scan. The midwife or doctor who completed your baby's examination makes a referral for your baby and you should receive this appointment within 2 weeks. Your baby will need to have the hip ultrasound by the time they are 4-6 weeks old. It is essential for your baby to attend this appointment.

How is DDH treated?

Babies diagnosed with DDH early in life are usually treated with a fabric splint called a Pavlik harness. The purpose of this splint is to secure the hips into a stable and secure position and allows them to develop normally.

The harness needs to be worn constantly for several weeks, and should not be removed by anyone, except a health professional.

You will be provided with instructions on how to care for your baby whilst they wear the Pavlik harness.

On occasions, if the Pavlik harness has not helped, surgery may be needed.

What happens on the day of the appointment?

On the day of the appointment your baby will have an ultrasound scan of their hips. You may also be seen by a DDH specialist if required, however, if this is recommended you be given more information when you attend for the scan.

Following the ultrasound, you will be informed of the findings, and whether a diagnosis of DDH has been confirmed or not.

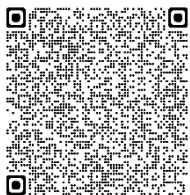
If DDH is diagnosed, the appropriate treatment for your baby will be discussed with you.

Remember to bring with you any essentials that you may need for your baby during the appointment such as nappies, a change of clothes, formula (if that is your chosen method of feeding) etc.

Where can I find out more information?

The following resources are available to you for find out more information on DDH.

- [NHS Website Developmental Dysplasia of the hips](http://www.nhs.uk) [Developmental dysplasia of the hip - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/developmental-dysplasia-of-the-hip/) or scan this QR code:



- [STEPS charity Hip Dysplasia \(DDH\) - STEPS Charity \(stepsworldwide.org\)](http://stepsworldwide.org) or scan this QR code:



If you have any questions, or if there is anything that you do not understand in this leaflet please contact: **Radiology department on 01284 713378.**

Clinical research

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email info.gov@wsh.nsh.uk. This will in no way affect the care or treatment you receive.

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If you would like any information regarding access to the West Suffolk Hospital and its facilities, please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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