

## Patient information

# Pavlik Harness

Routine examination of your baby's hips has shown some degree of instability. Treatment in a splint called a Pavlik harness has been recommended.

This lightweight splint holds your baby's hips apart and flexed. This is the position that keeps the hip joint in the most stable position. It is a very natural position for baby and will not cause discomfort.

The splint is only removed or changed in the clinic.

Baby can be washed but not bathed. Special attention should be given to skin folds such as the groin and behind the knee. Normal clothes will fit over the splint but you may need to go up a size. The strap across baby's tummy can be loosened a little after feeding and then tightened up again about an hour later.

Your baby will be monitored during this period of splintage using ultrasound scanning. In the majority of cases the hip joints will stabilize and go on to develop normally, but for some babies further treatment will be necessary.

### For more Information

Contact:

West Suffolk Hospital

Paediatric Orthopaedic Service

Contact Telephone: 01284 713294

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the hospital website [www.wsh.nhs.uk](http://www.wsh.nhs.uk) and click on the link, or visit the disabledgo website:*

*<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>*

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