

How do you test for DDH?

DDH may be found during the baby's newborn exam. It may also show up later on a normal well-baby visit with your health provider.

In some babies with DDH, the baby's hip exam is normal at first. But these babies could still have problems with their hips when they get older.

So in babies who have risk factors, we order an X-ray of the hips when they are 4-6 months old. We have to wait until then for the bones to develop enough to show up on the x-ray.

How is DDH treated?

If your child has DDH, a referral will be sent to the Orthopaedic Surgeons (children's bone specialists). They will review your child and discuss the most appropriate treatment with you.

The type of treatment depends on the severity of the DDH and the age of your child.

Some babies are treated by wearing a device called a Pavlik harness that holds the legs in a position to help the joint develop. Sometimes surgery and wearing plaster casts is required.



Pavlik Harness

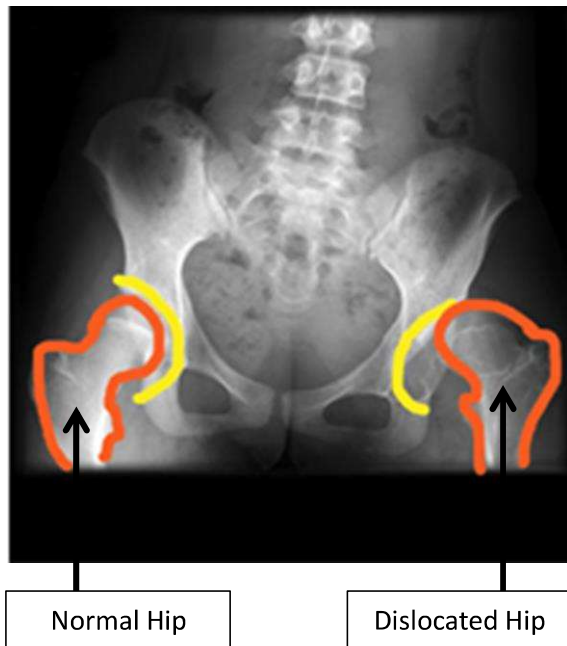


Developmental Dysplasia of the Hip (DDH)

What you need to know

What is Developmental Dysplasia of the Hip (DDH)?

Developmental Dysplasia of the Hip is a condition where the hip joint does not form normally. This can cause the hip joint to be “loose” and the thigh bone (femur) may slip out of the hip joint. When this happens, it is called “dislocation”.



What causes DDH?

Any baby can develop DDH, and the cause is not always known. This is why we check the hips on every baby at birth and at well-baby visits.

Some things may make a baby more likely to have DDH. These include:

- Breech presentation
- Having a family member who had hip problems
- Having other bone problems (such as club foot)
- Having medical conditions that make the baby's muscles very weak

What are the symptoms of DDH?

If DDH is found and treated early, the risk of life-long problems is much less.

Most babies with DDH do not have any symptoms. This is why we need to examine baby.

Toddlers and older children with DDH may have a limp or walk unevenly, have one leg shorter than the other, or have less movement in the hip.

Some people with untreated DDH may have hip problems as adults such as early arthritis and may need hip replacement.