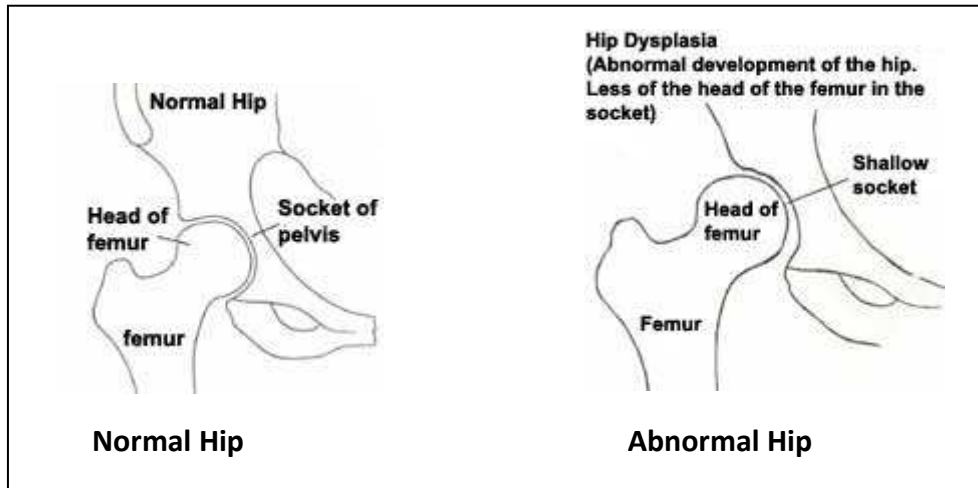


THE HIP ABDUCTION BRACE – A GUIDE FOR PARENTS

What is Hip Dysplasia?



Hip dysplasia is a term used to describe hip problems in infants and in children, and is often present at birth. The most common terminology used to define hip dysplasia is listed below.

1. Developmental Hip Dislocation – the hip is clearly dislocated (outside the hip joint) but can be relocated within the socket.
2. Developmental Dislocatable Hip – the hip is in place, but dislocates fully when stressed.
3. Developmental Subluxable Hip – the hip is in place, but dislocates partially when stressed.
4. Acetabular Dysplasia – the hip socket is shallow and stays shallow so that the hip is unstable.

What does a Hip Abduction Brace look like?

Front view



Back view



The Hip Abduction Brace

The Hip Abduction Brace is used to help babies who have poorly developed hips. The brace looks complicated but it works in a simple, straightforward way. The brace will hold your baby's hips in an optimum position to facilitate development of the hip socket. The brace also prevents your baby's hip from moving into positions that may hinder development. In addition, the brace aims to prevent any further tendency for the hip to dislocate.

Your baby will wear the brace for a period determined by your doctor, most commonly several months. The brace should only be removed as recommended by your doctor however it may be removed for short periods of time for nappy changes and bathing. Your baby will have 3 monthly hip ultrasounds or x-rays and be reviewed by your doctor throughout this treatment.

How can I bath my baby?

The brace can be removed for bathing and should be reapplied thereafter. Your orthotist will show you how to remove and reapply the brace.

If the brace becomes very dirty, it can be washed in a mild soapy solution or wiped with baby wipes. Dry the brace well afterwards and do not soak. If you are unsure, please contact the orthotist for instructions.

Weighing your baby

You can remove the brace for the short period of time required to weigh your baby. Avoid having height checks for the period of your baby's treatment as straightening your baby's legs, will bring the legs into a position which may risk hip dislocation.

Skin checks

Check under the brace regularly to assess the condition of your baby's skin behind the back of the knees and on your baby's lower back to make sure that there are no areas where the brace is causing pressure or redness to the skin. If red areas of skin persist, please contact the orthotist/physiotherapist for a review of the brace.

What about exercise for my baby?

If your baby is less than 6 months old, your physiotherapist will show you play activities to assist with your babies development.

If your baby is older than 6 months, and able to sit or crawl, then specific developmental input from the physiotherapist is not usually required. If you have any concerns about your baby's development, please mention them to your treating team.

What will my baby wear?

Your baby's normal clothing is able to be worn under the brace.

Sleeping

Experts now recommend that all babies sleep on their backs and we recommend this for your baby. Try to avoid your baby sleeping on his or her side.

Carrying your baby?

Your physiotherapist will show you how to do this allowing for the positioning of the brace.

Car travel

The normal recommended car restraints should be used.

Fitting the Hip Abduction Brace

The orthotist/physiotherapist will fit your baby's brace showing you what to look for. You will have a check every fortnight if your baby is less than 6 months of age and every month if your baby is older than 6 months of age. Sometimes parents have a concern about the brace before their appointment is due. You may feel it is not fitting correctly or is too dirty. Don't hesitate to contact the orthotist/physiotherapist if you have any concerns, as you may need an earlier appointment.



It's not easy to be told your baby requires a Hip Abduction Brace. But we hope that learning about hip dysplasia and how the brace can assist your baby's development will reassure you. We also hope this information is helpful to you and other family members. It's a good idea to show this brochure to grandparents and others who know your baby or who may care for your baby from time to time.

Babies tolerate the Hip Abduction Brace very well and get used to it very quickly. It should not hurt your baby. If your baby seems unsettled or unhappy check the other more usual causes for a crying baby. Is he or she hungry, wet or tired?

Best wishes to you and your baby.

Remember if there are any problems contact your orthotist/physiotherapist.

Orthotist

Name _____

Phone No: 9926 7467

Urgent: 99267111 and pager 45790

Physiotherapist

Name _____

Paediatrics: 9926 7555

Plaster Room: 9926 7331

Urgent: 9926 7111 and pager no. 41348