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# Developmental Dysplasia of the Hips

## Paediatrics Department

# Developmental Dysplasia of the Hips

## (formerly known as Congenital Dislocation of the Hip)

### WHY ARE BABIES HIPS CHECKED AT BIRTH?

All babies should be examined in the first few days after birth and this includes an examination of the hips. The hips are then checked again by the GP between six to eight weeks of age. The examination is to look for a condition called 'Developmental Dysplasia of the Hip' (DDH). Some babies are at more risk of developing DDH than others and these cases will be referred for an ultrasound test even if the examination is normal.

### HOW ARE THE HIPS CHECKED?

At the first check, the baby's hips will be tested by lying the baby on his or her back and moving the hips gently outwards. A distinctive clunk suggests a possible abnormality. The head of the thigh bone moving in and out of the socket can cause a 'clicky' sound. A clicky hip is usually normal but will still be referred.

### WHAT CAUSES DDH?

Some babies are born with dislocatable or unstable hips. We don't fully understand the reason for this but are aware of the risk factors for DDH. These include:

1. Genetic factors ( so there may be a history in the immediate family)
2. Factors related to your baby's development before birth (e.g. breech presentation in the last part of pregnancy)
3. Severe in-turning of the foot (Talipes)

### OUTPATIENT REFERRAL FOR ULTRASOUND

Babies with risk factors will be referred on for an ultrasound of the hips as an out-patient even if the examination is normal. For those who have strong risk

factors or an abnormal examination such as a distinctive 'clunk' on examination, an out-patient appointment will be made soon after referral.

For all normal examinations and other risk factors, an appointment will be made four to six weeks from referral.

### MANAGEMENT OF DDH

If a problem is identified by ultrasound, you will see an Orthopaedic specialist as an out-patient. The Orthopaedic team will discuss with you the various treatment options. Whilst waiting for your appointment, no special precautions need to be taken.

DDH is not uncomfortable or painful for your baby. You can care for your baby as usual including changing his or her nappy normally.

If a referral has been made to the Orthopaedic unit and you have not received an appointment after two weeks, please contact the telephone number below:

**Rowley Bristow Orthopaedic Clinic appointments:**

**01932 722 730**

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### Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email [pals@asph.nhs.uk](mailto:pals@asph.nhs.uk). If you still remain concerned please contact our Complaints Manager on 01932 722612 or email [complaints@asph.nhs.uk](mailto:complaints@asph.nhs.uk).

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