

# CYP advice after using a Pavlik Harness

Information for patients



## Introduction

Your child's hips on ultrasound and clinical checks are now within normal limits and we are happy for removal of their Pavlik Harness. This leaflet contains some information that may be helpful for you in the first few days and months to come before your next review.

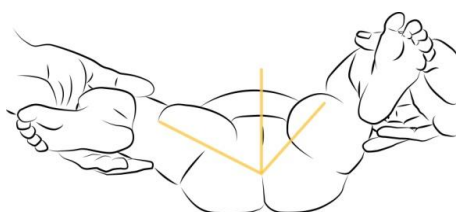
## What to expect after harness removal

- Just like when the harness was applied, your baby may be unsettled for the first 48-72 hours after removal of the harness.
- Your child may, when relaxed, still have their legs in the frog leg position, gradually this will improve.
- The chest strap of the harness provided increased support to your baby when carrying, now it has been removed you may feel they are less sturdy and require more support
- We continue to recommend no swaddling of the legs when the harness is removed and to keep legs free.
- Being in harness reduces a baby's ability to roll. Now it has been removed you may notice your baby is more inclined to move and therefore should not be left unsupervised on changing tables. Some babies however will not roll, and in isolation this should not be cause for concern.
- Being treated for hip dysplasia in a harness should not cause delay in gross motor skills like crawling and walking once it has been removed.

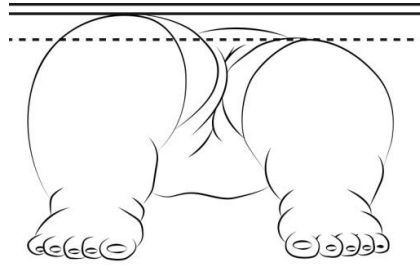
## Signs to look out for

Your baby's hips have examined normally on removal of the harness however we would like you to continue to monitor and contact us should you notice any of the following;

- One leg cannot be moved out sideways as far as the other when changing your baby's nappy.



- one leg seems to be longer than the other



- one leg drags when your baby starts crawling
- Your child walks with a limp or has a 'waddling' gait when they start walking, or they walk on tip toes on one side.

## What are the next steps?

Your child will be followed up at 1 year of age with a pelvic X-ray and clinical check to ensure normal ongoing development of the hips. It is not uncommon to require further reviews after this.

## Further information

Following treatment for hip dysplasia we do not recommend the use of baby walkers, baby bouncers or jumperoos and suggest allowing your baby to get up on their feet in their own time.



## Contact Us

If you have any concerns and require more information, please contact your physiotherapist:

Physiotherapy Department  
Royal Hospital for Children and Young People  
50 Little France Crescent  
Edinburgh EH16 4TJ

Tel: 0131 312 1079  
Mon. - Fri. between 9am and 5pm

