

# Your baby hip check

Information for patients

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## Why have my baby's hips been assessed?

A physiotherapist who specialises in hip examinations has assessed your baby for a condition called Developmental Dysplasia of the Hips (DDH).

## What is Developmental Dysplasia of the Hips?

The hip joint is made up of a ball which sits into a socket. As a baby's hip joint is made of cartilage (which is soft and malleable) the development can be affected and the socket part can be shallow. This allows the ball part to slip in and out of the socket part. The condition is called Developmental Dysplasia of the Hip (DDH).

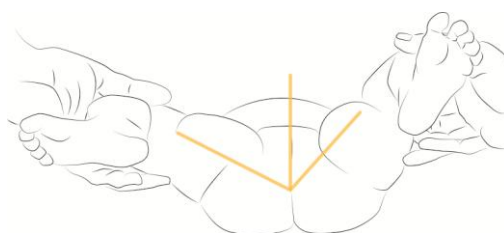
## What causes the hips to be shallow?

Sometimes there is a family history of hip dysplasia or there has been restricted movement of the baby during the pregnancy due to breech position or reduced fluid levels around the baby. Often there is no reason.

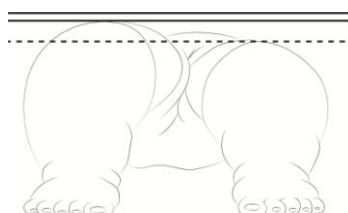
## What are the next steps?

Your baby's hips have been examined and found to be normal at this time however we would like you to continue to monitor and contact us should you observe:

- 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.

## Contact us

If you notice or are concerned about any of the above, please contact the physiotherapy department of Royal Hospital for Children and Young People (RHCYP) on the number below:

Physiotherapy Department RHCYP – **0131 312 1079**

