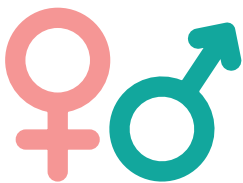


# HEALTHY HIPS AUSTRALIA

## HIP DYSPLASIA

Incorrect swaddling techniques can increase the risk of hip dysplasia



DDH affects girls > boys

**1 in 20**

full-term newborns have some hip instability



DDH is the most common cause of hip arthritis in adults



### Risk Factors

- Breech presentations
- Family history of hip dysplasia
- Multiple births
- Foot deformities, torticollis & congenital disorders

Hip dysplasia isn't always present at birth hence the name developmental dysplasia of the hip (DDH)

## SIGNS & SYMPTOMS

- 'Clunk' or 'Click' when moving hip
- Uneven thigh creases
- Crooked buttock creases
- Leg(s) difficult to spread apart
- Weight off to one side when sitting
- Different leg lengths
- Avoiding weight bearing
- Walking on tippy toes on one side
- Limping when walking

Every child's hips need checking at

**birth 1-4 weeks 6-8 weeks 6-9months 12months**

then at normal health reviews until 3.5 years

For more information and support visit us at

[www.healthyhipsaustralia.org.au](http://www.healthyhipsaustralia.org.au)