

# HEALTHY HIPS AUSTRALIA

## HIP DYSPLASIA

Incorrect swaddling techniques can increase the risk of hip dysplasia



Hip dysplasia affects girls > boys

1 in 6

full-term newborns have some hip instability



Hip dysplasia is the most common cause of hip arthritis in adults



### Risk Factors

- Female
- First born
- Family history of hip dysplasia (in first degree relative)
- Breech lie
- Neuromuscular or connective tissue disorder associated with DDH
- Inappropriate swaddling

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
- Torticollis , Plagiocephaly and Metatarsus adductus

Every child's hips need checking at

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

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)