

Developmental Dysplasia of the Hip (DDH)

FACT



DDH is the most common cause of hip arthritis in adults

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DDH affects more girls than boys

Stats

1 in 20 full term newborns have some hip instability

3-5 per 1000 babies need treatment

1 in 6 babies may need treatment if there's a family history of DDH

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The causes aren't fully known, it is developmental and not always present at birth

Tips

Allow natural leg position (froggie position)

Avoid tight swaddling, narrow based car seats, prams, carriers and slings where legs dangle down

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First born, high birth weight > 4kg, and multiple births increase the DDH risk

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Breech presentations, foot deformities, torticollis and congenital disorders increase the DDH risk

Signs & Symptoms

The following may be indicative of DDH

1. 'Clunk' or 'Click' when moving hip

2. Uneven thigh creases

3. Crooked buttock crease

4. Leg(s) difficult to spread apart

5. Weight off to one side in sitting

6. Different leg length

7. Avoiding weight bearing

8. Walking on tippy toes on one side

9. Limping when walking



For more information, talk to your Doctor and visit:
www.healthyhipsaustralia.org.au

Disclaimer

This information is intended to support, not replace, discussion with your doctor or healthcare professionals. Every effort is made to ensure this information is up to date, accurate and easy to understand. Healthy Hips Australia accepts no responsibility for any inaccuracies, information perceived as misleading, or the success of any tips, hints or treatment regimens discussed in these handouts. This handout and others are available to download free of charge at www.healthyhipsaustralia.org.au

Developed by Healthy Hips Australia. First published: April 2015. Revised: June 2015.

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