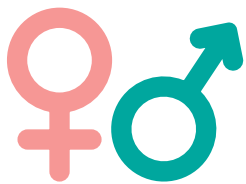


# HEALTHY HIPS WEEK

23<sup>rd</sup>-29<sup>th</sup> April 2017

Incorrect swaddling techniques can increase the risk of hip dysplasia

## HIP DYSPLASIA



Hip dysplasia affects girls > boys



### 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

1 in 6

full-term newborns have some hip instability

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

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)

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