



Parent Tips & Hints

Clothing – Spica Cast / Broomstick Cast

We hope that you find some of the following suggestions, from other DDH parents, helpful.

- *Long-sleeved and short-sleeved bodysuits, legless and with press studs under the bottom, fit over the cast to secure in place. 1-2 sizes above current size work well. (see photo)*
- *Socks, in a larger size, will fit up and over the cast to help them stay in place.*
- *Dresses with wide skirts, 1-2 sizes above current size, work well.*
- *Shorts with Velcro sewn into the side seams are a good option for older boys.*
- *Overalls with press studs or Velcro on the inner leg from one side to other, for full opening underneath, are another option.*

For younger babies/toddlers:

- *A larger sized cloth nappy can go over and around the Spica to secure the inside nappy in place, creating less wastage of nappies whilst helping catch any leaks.*

For older children:

- *Underpants, in a larger size, with the side seams replaced with Velcro can go over the Spica.*

Share your ideas with us info@healthyhipsaustralia.org.au

Disclaimer

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