



Congratulations on the birth of your baby!  
This information leaflet is for parents of babies who are due to attend the hip screening clinic at the Royal Surrey County Hospital. It aims to inform parents about why their baby has been referred to this clinic and reassure them about what will happen there.

It is very important that you attend the clinic, so that if treatment is needed, it can start as soon as possible.

### Why are baby's hips checked?

All babies have an examination of their hips at birth. This is to ensure the top of the thigh bone (femur) is in the right place against the hip socket (acetabulum) and this forms the hip joint. The hip is held in place by ligaments, muscles and the joint capsule. For the hip joint to grow normally the femur needs to be held in the correct position to create a deep ball shaped socket.

### Why has my baby been referred to this clinic?

Some babies are referred to this clinic because during one of their routine hip examinations the doctor has felt a click or clunk which may indicate some instability. Other babies are referred to the clinic because they have "risk factors" which mean they are



slightly more likely to have an unstable hip. For example, breech presentation at birth or a family history. The physical examination on its own does not give as much information about hip development as when it is combined with a scan. An ultrasound scan shows how the hip sockets are forming.



### What will happen at the clinic?

First your baby will have an ultrasound scan of their hips (a little like the ones during pregnancy). This enables us to measure how the hip socket is developing. You will then see an Extended Scope Practitioner (ESP – a Physiotherapist with expertise in this condition) who will look at the scan and examine your baby. They are feeling for any instability. If your baby's hips are developing normally you will not need to be seen again. This occurs in the vast majority of babies screened in clinic. If your baby's hips are unstable, treatment can begin and will be fully discussed and explained to you at the appointment. This is pain free and involves your baby wearing a special brace called a Pavlik harness.



### Please note

- If you are unable to attend the appointment you are given, please call as soon as you can to reschedule.
- If your baby's name has changed/is not the same as that on the appointment letter, please contact us before your appointment, so we can amend our records.

**Telephone:** 01483 464 153

### Reference source(s):

National Infant Neonatal Examination Guideline 2010.