

Checking your baby for signs of infant hip dysplasia

Infant hip dysplasia, although rare, can present late. This leaflet helps make parents and carers aware of what signs to look out for to help identify the condition earlier. The specific signs are listed below. In most cases, dislocation of the hip can be identified within the first 2 months of age through normal baby checks with health professionals. However, shallow hip sockets may not be identified until later on with the risk of late hip dislocation and therefore diagnosis may not be made until after 8 months of age. The earlier the pick up is made, the simpler the management.

Checking for signs:

Please take a few moments in your routine baby care to look for the following:

1. When you change your baby's nappy, do you frequently feel a "strong" click or clunk in the hip (occasional clicks can be normal).
 Yes No
2. Is there an odd thick fat fold at the upper thigh noticed on one side only or when on their tummy an uneven buttock creases that has developed (this is a crease/fold that is not matched up the same on both legs)?
 Yes No
3. When you clean your baby during a nappy change, is it difficult to get her/his groin areas fully apart to be cleaned or is one or both hip sides tight? (Babies should be able to lie in frog-like position comfortably.)
 Yes, tight No, easily



If you have ticked any of the "YES" boxes, please let your health visitor (HV) or GP know.

Make it a habit to simply check these 3 points as part of your normal baby care once a week until the age of 8 months. Let your HV know if there is a family history of infant hip problems or if your baby was in a breech lie during pregnancy, if this has not already been identified. Your health visitor will be more than happy to advise you and should be your first contact.

Remember the 3-points and keep a check for clunks, odd skin folds and tight hips.