

## Fast Facts

### Hip Dysplasia

- When a hip socket doesn't fully cover the ball portion of the upper thighbone (humerus)
- Ball and socket of the joint need to fit together well since they are molds for each other. If the ball isn't securely in the socket, the socket doesn't fully form around the ball, which means that it becomes too shallow
- Usually present at birth because initially the hip joint is made of soft cartilage that gradually hardens into bone
- Can result in the final months before birth because the womb can become so crowded that the hip joint ball moves out of the proper position
- Factors cause the reduced space within the womb: having a large baby, it being the mother's first pregnancy, or the baby is in the breech position
- Other risk factors: a family history of the condition, being female, or swaddling the baby tightly with their hips and knees straight
- Hip joint can easily become partially or entirely dislocated if this occurs
- While doctors check for signs shortly after birth and in subsequent well-baby checks, if the malformation is mild, it might not be noticed until the child is older or a teenager

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Infants:</i></p> <ul style="list-style-type: none"> <li>-One leg is longer than the other</li> <li>-One hip is less flexible during diaper changes than the other</li> </ul> <p><i>Toddler:</i></p> <ul style="list-style-type: none"> <li>-As the child learns to walk, may develop a limp</li> </ul> <p><i>Teens:</i></p> <ul style="list-style-type: none"> <li>-Activity-related groin pain</li> <li>-Feeling of instability in the affected hip</li> </ul>	<ul style="list-style-type: none"> <li>-Depends on the person's age and the extent of the hip damage</li> </ul> <p><i>Before 6 months old:</i></p> <ul style="list-style-type: none"> <li>-Soft brace (Pavlik harness)</li> </ul> <p><i>After 6 months old:</i></p> <ul style="list-style-type: none"> <li>-Bones moved into the proper position and then wear a full-body cast</li> </ul> <p><i>Surgery:</i></p> <ul style="list-style-type: none"> <li>-Reposition of bones</li> <li>-Periacetabular osteotomy</li> <li>-Hip replacement surgery</li> </ul>	<ul style="list-style-type: none"> <li>-Nothing to prevent condition</li> </ul> <p><i>Prevent Complications:</i></p> <ul style="list-style-type: none"> <li>-Monitor for signs and report to doctor as soon as possible</li> <li>-Take child for wellness checks regularly</li> </ul>

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