



Your Baby's Hip Ultrasound Scan - Early Screening for hip Dysplasia

Why has my child been referred for a hip scan?

All babies who fit into any of the following groups are asked to attend for a hip ultrasound scan aged 4-6 weeks:

- Hip(s) were found to be unstable on newborn examination (known as "Positive Barlow and Ortolani test")
- A family history of babies having hip problems that required treatment as a baby or young child
- Breech presentation after 36 weeks or breech at delivery after 28 weeks
- Talipes (unusual positioning of the feet)
- Baby girls with a birth weight above 4 Kg
- Torticollis (tightness of the neck muscle)
- Other Skeletal abnormalities

Why does my child need to be scanned?

Children who fall into one of the groups above are at higher risk of having Developmental Dysplasia of the Hip (DDH). DDH is when the ball-shaped part of the end of the thigh bone and the socket do not fit correctly together. There are varying levels of hip dysplasia from mild to severe.

Depending on when it is detected and the severity of the diagnosis, different treatment options may be required, and this will be explained to you. The aim of all treatment is to maintain the hip joint in close contact to encourage healthy hip development.

By screening all 'at risk' babies within the first 4-6 weeks of life, we can detect problems early and usually treat them successfully without the need for surgery.

If babies are scanned later than 4-6 weeks, they may need more complex treatment or surgery.

For this reason, **PLEASE DO NOT RESCHEDULE YOUR BABY'S HIP ULTRASOUND APPOINTMENT.**

Most children **do not** have a problem and are discharged from the screening service after their scan.

What happens during the scan?

The ultrasound scan is performed in the Children's Outpatient Department at either Solihull, Heartlands or Good Hope Hospital by a Specialist Paediatric Physiotherapist. The appointment will last 10-15 minutes.

Your baby will lie on their side in a specially designed cradle whilst the therapist takes an ultrasound picture of their hip, like your pregnancy scans.

Information for Patients

The scan is not painful for babies but they may not like being kept still whilst the scan is being carried out.

Try to feed your baby just before the scan appointment as this will keep them relaxed during the scan or you can feed them during the scan. Also please ensure they have a clean nappy.



The results will be given to you on the day of your appointment. If treatment is required, this will start immediately.

Can I change my baby's appointment?

It is vital that we scan all babies when they are 4-6 weeks old so that any problems can be picked up early and treated straight away.

By rescheduling and delaying your baby's appointment this could limit the success of any treatment that may be needed, resulting in your baby possibly needing more complex treatment or surgery.

If you must change your baby's appointment this can be done via the DrDoctor system or by calling the Appointments Booking Centre number on your appointment letter.

Further information about hip dysplasia:

<https://www.stepsworldwide.org/conditions/hip-dysplasia-ddh/>

<https://www.stepsworldwide.org/wp-content/uploads/2020/02/Baby-Hip-Health-website.pdf>

<https://www.stepsworldwide.org/wp-content/uploads/2021/07/Baby-Hip-Health-FINAL-June-2021.pdf>

https://www.stepsworldwide.org/wp-content/uploads/2020/02/Pavlik-Booklet-2021-FINAL_July-2021.pdf

In case of any concerns, please contact the Specialist Paediatric Physiotherapists for the Baby Hip Ultrasound Service by calling:

Children's Physiotherapy Department

Heartlands Hospital 0121 424 2686

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email interpreting.service@uhb.nhs.uk.