

Healthy Hips

Hip dysplasia

Hip dysplasia, also known as developmental dysplasia of the hip (DDH) or clicky hips, is a condition that affects the hip joints in babies and young children. It can be present at birth or develop as the child grows older. Untreated hip dysplasia can lead to hip pain and is the most common cause of hip arthritis in adults under 50 years. Early diagnosis and treatment is best as late diagnosis may require surgical treatment.

Signs and symptoms of hip dysplasia

- leg(s) difficult to spread apart
- when changing a nappy or at other times, one leg does not seem to spread as far out or as easily as the other
- difference in leg lengths
- limping when walking
- walking on their tippy toes on one side
- favours one side when sitting, crawling or standing
- uneven skin creases on the back of your baby's thighs
- uneven buttock crease lines

Parents are encouraged to learn about the risk factors and potential signs of hip dysplasia, and to get their children's hips regularly checked from birth through to five years of age. Your GP or Child Health Nurse can complete this check.

Every child's hips need checking at:

- birth
- 1-4 weeks
- 6-8 weeks
- 6-9 months
- 18-24 months
- 3-5 years

or at any other stage if you are concerned.



For more information

Child and Family Health Service
CaFHS
295 South Terrace, Adelaide SA 5000
Telephone 1300 733 606



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Wrapping your baby

There are a number of ways to wrap babies. Whatever method you choose, always remember:



Leave enough room in the wrap for the legs to move freely in and out of their natural frog-like position.



The legs should be able to bend at the hips with the knees apart to help the hips develop normally.



Your baby carrier should:



- > Allow your baby's legs to straddle your body
- > Knees should be spread apart
- > Thighs supported and hips bent



Call CaFHS on 1300 733 606 to make an appointment with a Child Health Nurse

More resources

[Healthy Hips Australia](#)

[International Hip Dysplasia Institute](#)

[The Bone Health Foundation](#)

[Raising Children's Network](#)

