

Transporting children in 'hip spica' casts

Your child may need a hip spica cast if they have a broken thighbone or if they have hip dysplasia.

If the cast is for hip dysplasia, it is likely that your child's hips will need to be casted in a 'frog-leg' position (hips at maximum 'flexion' and 'abduction'). This positioning makes it very difficult for your child to fit into most car seats.



After your child is fitted with a hip spica cast, the clinical team caring for your child will work together to make sure that your child fits comfortably into their car seat. This is a requirement for your child's discharge from the hospital.

Left image
Britax 'Safe-n-Sound b-first' (rear facing or forward facing Birth to 2-3years)
<https://www.britax.com.au/car-seats/britax-safe-n-sound-b-first-ifix/>

Right image
Britax 'Safe-n-Sound Maxi Guard' (forward facing only 6 months to 8 years)
<https://www.britax.com.au/car-seats/britax-safe-n-sound-maxi-guard/>

For more information

Allied Health Department
 Women's and Children's Hospital
 72 King William Rd, North Adelaide SA 5006
 Telephone (08) 8161 7000
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www.ausgoal.gov.au/creative-commons



This document has been reviewed and endorsed by WCHN consumers

It is encouraged that families/caregivers organise a suitable car seat that is most likely to fit your child after the cast has been put on, so it does not delay you going home. Car seats can either be borrowed (from a friend or family member), purchased, or loaned e.g. through KidSafe Centre (see contact number below).

There may be other suitable options for car seats, however the **Britax 'Safe-n-Sound Maxi Guard'** (6 months to 8 years) car seat is an excellent option currently available, as it has many adjustable components (such as armrests that are able to be lifted out of the way).

If your child is under 6 months, the **Britax 'Safe-n-Sound b-first'** (previously known as **'Britax Safe-n-Sound Millenia'**) allows for a rear facing option.

Britax model car seats have the option of being fitted with an extendable crotch strap. This can be done at KidSafe or at the Women's and Children's Hospital if required before you go home. The use of an extension strap modifies the car seat, so it should only be used if required.

If you require any information on transport of children in a hip spica cast, KidSafe Centre, Hilton offer appointments for car seat fitting and installations (Ph: 08 7089 8554)



Government of South Australia

Women's and Children's Health Network