



Infant hip ultrasound scan

Information for parents from the Paediatric Orthopaedic Service

Your baby has been referred for a hip ultrasound scan. The ultrasound machine works in the same way as an antenatal scan, using sound waves to build up a picture of your baby's hips.

Where will we go for the ultrasound?

In East Kent we have one specialist clinic, based at Kent and Canterbury Hospital. Here a full orthopaedic examination (including feet) can be made and treatment offered if needed.

- **Infant Hip Screening Clinic**, Children's Assessment Centre
Kent and Canterbury Hospital, Ethelbert Road, Canterbury, Kent CT1 3NG
Telephone: 01227 864249 (select option 4 to speak to the team who book infant hip appointments)

What if we have to cancel my baby's appointment?

You will be sent an appointment to come to the next available clinic slot. It is very important that you contact the hospital if you are unable to make your appointment. We will then make a new appointment for you as soon as possible. The direct contact number is listed above, and will also be on your appointment letter.

Why has my baby been referred for an assessment?

Your baby has been referred for an assessment of their hips. This is usually because of certain physical findings following an examination of their hips, or if your baby falls into one of the following "risk" categories:

- you have a family history of hip problems
- your baby was breech presentation (lying bottom or feet first while you were pregnant)
- your baby is female and weighs over 4kg; or
- your baby has Positional Talipes Equino Varus (clubfoot) or Torticollis.

It is routine to refer your baby to the Paediatric Orthopaedic Clinic and for an ultrasound scan of their hips.

Why is it important for my baby to have their hips scanned?

It is important that your baby has their hips scanned before they are six weeks old, as if treatment is needed, it is highly successful at this time.

If you cannot come to your baby's scan, please contact the team urgently on the number listed above, so that your appointment can be rearranged.

What is the treatment for clicky hip?

Most clicky hips get better naturally and will not need treatment. However, you should come to the clinic prepared, as treatment will start immediately if it is found to be needed.

If your baby does need treatment, this will mean approximately six weeks in a harness made of fabric. This harness is called a Pavlik Harness, and is designed to keep your baby's hips and knees bent and their hips out in a "frog" position.

This will mean your baby will not be able to wear an all-in-one babygrow, or anything with a waistband. We advise that you dress your baby either in a dress or in a long baggy t-shirt or jumper for their appointment, so their clothes will fit over the harness without restricting it.

Once your baby has had their harness fitted in clinic you will be able to take your baby home. You may need an extra blanket for their car seat if their car seat has high sides, as the high sides will also restrict the harness. The extra blanket can be used to lift your baby higher in the car seat, so that they are not restricted.

If your baby does need treatment, this will always be discussed with you and explained in full beforehand.

What do I need to bring to our appointment?

- A dress or baggy t-shirt.
- An extra blanket for your baby's car seat.



Example of a cradle used during scanning



Baby wearing a Pavlik Harness in a 'frog' position

This leaflet has been produced with and for patients.

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145 (tel://+441227783145), or email ekh-tr.pals@nhs.net (ekh-tr.pals@nhs.net)

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

Reference number: Web 164

First published:
April 2017

Last reviewed:
January 2023

Next review date:
May 2023

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