

# 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, where a full orthopaedic examination (including feet) can be made and treatment offered if necessary.

**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 child's appointment?

You will be sent an appointment to attend the next available clinic slot. It is extremely important that you contact the hospital if you are unable to attend the appointment offered. 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 child 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:

- family history of hip problems
- breech presentation
- female infants over four kilograms
- 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 treatment, if necessary, is highly successful at this time. If you cannot attend your baby's scan please contact the team urgently on the number listed on the front page so that your appointment can be rearranged.



Example of cradle used during scanning

## What is the treatment for clicky hip?

Most clicky hips resolve naturally and will not need any treatment. However you should come to the clinic prepared as treatment, if found to be necessary, will start immediately within the clinic.

If your baby does need treatment this consists of approximately six weeks in a harness made of fabric known as a Pavlik Harness. These harnesses are 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. It would therefore be advisable to dress your baby either in a dress or in a long baggy t-shirt or jumper for their appointment. Their clothes will then 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, so you may also need an extra blanket for their car seat if their car seat has high sides. This is because the high sides will also restrict the harness and an extra blanket can be used to lift your baby higher within 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 the appointment?

List of things you may need for your baby - a dress or baggy t-shirt; and an extra blanket for the car seat.

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff.

**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, or email [ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)

**Further patient leaflets** are available via the East Kent Hospitals web site [www.ekhuft.nhs.uk/patientinformation](http://www.ekhuft.nhs.uk/patientinformation)