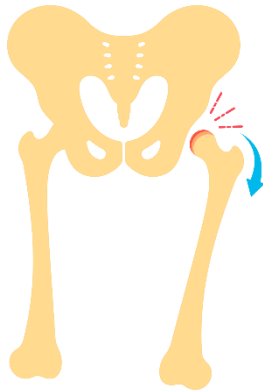




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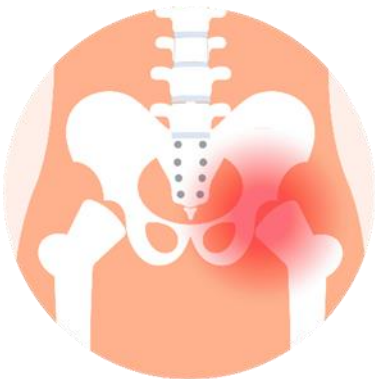
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# Hip dysplasia and Hip dislocation



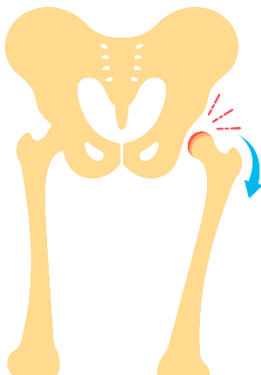
## What is hip dysplasia?

Hip dysplasia is a condition where the hip joint develops or aligns abnormally. It happens when the hip socket is shallow or improperly formed, causing the thigh bone's ball-shaped end to not fit properly within the socket. This can lead to Hip dysplasia can be present from birth or develop later in life.



## What are the symptoms of hip dysplasia?

- Instability
- Restricted mobility or flexibility on one side
- Legs of different lengths
- Uneven skin folds on the thigh
- Limping, toe walking, or a waddling gait
- If untreated, may result in osteoarthritis or hip dislocation.



## What is the diagnosis of hip dysplasia?

- **Physical examination:** The doctor will carefully assess for signs of hip dysplasia, including listening and feeling for "clunks" as the hip is manipulated into different positions.
- **Specific maneuvers:** The doctor will perform specific movements to evaluate the hip's stability and determine if it can be dislocated or repositioned.
- **Hip ultrasound:** may be ordered to obtain images of the hip bones and assess for signs of dysplasia.
- **X-rays:** Older infants and children may undergo hip X-rays to obtain detailed images of the hip joint.



## What is the treatment of hip dysplasia?

Observation: Mild cases of hip dysplasia, especially in infants, may be closely monitored by the doctor over time.

- ❖ **Pavlik harness:** Commonly used for infants, this harness stabilizes the hip joint, allowing proper alignment and development. It is worn full-time for weeks to months, gradually reducing usage as the hip improves.
- ❖ **Spica cast:** Used in more severe cases or when the Pavlik harness is ineffective, a spica cast holds the hips and legs in a specific position to promote proper alignment and development. Duration of casting varies.



Pavlik harness

## What is the treatment of hip dysplasia?

- ❖ **Closed reduction:** If the hip remains dislocated or unstable despite conservative measures, a closed reduction is performed. The hip joint is manually repositioned under anesthesia, followed by a spica cast to maintain the corrected position.
- ❖ **Surgical interventions:** In persistent cases, surgery may be necessary for older children, adolescents, or adults. Options include hip osteotomy, open reduction, or hip replacement in severe cases.
- ❖ **Physical therapy:** to improve hip joint stability, strength, and range of motion. It can be beneficial before and after surgical interventions.



## Sources and References:

All illustrative images from [www.canva.com](http://www.canva.com)

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## Review and Editing:

The content of this booklet has been reviewed by consultants  
Neurosurgery department at King Fahd University Hospital. "

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