

## INFORMATION FOR PATIENTS

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# Your baby's Pavlik Harness

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This leaflet is for parents caring for a baby with hip dysplasia and has been provided with a Pavlik Harness. This is a general guide along with any additional specific advice provided by the orthopaedic consultant or orthotist.

A Pavlik Harness is a soft fabric support that is used in the treatment of hip dysplasia. It is an effective treatment and helps resolve the condition in the majority of cases. The harness maintains the best position for a baby's hip to develop in a more normal position.

### **Wearing regime**

When initially supplied it is important to understand that it must be used **24 hours a day** and only removed for short periods if soiled or changing clothing. You should also check for red marks around the neck, armpits and thighs, using clothing to pad and protect the skin where necessary. Your consultant will tell you if it can be removed for short periods for bathing.

A good fitting vest should be worn under the Pavlik Harness with loose fitting clothing over the top. Disposable nappies are usually easier to manage when using a harness and should be fastened under the straps.

It is common for car seats and pushchairs to bring your babies hip position in slightly from the 45 degrees the harness holds it in.

This is perfectly fine for short periods and will not cause problems long term. When sleeping, do not lay your baby on their side or front, this is not good for the hips at this stage.

It is very common for babies to be unsettled for the first week of use. It is important to understand a correct fitting harness does not hurt your baby and is not painful for them to wear.

**The Pavlik Harness should never be left off without discussion with a clinician.**

### **Washing and changing**

You will not be able to bath your baby whilst they are wearing the harness. A sponge wash to keep your baby clean and dry is best.

When changing a nappy, lift your baby by supporting their bottom rather than pulling up their legs. Removal of the booties is helpful to move them up out of the way. To do this undo the shin straps, not the leg straps.

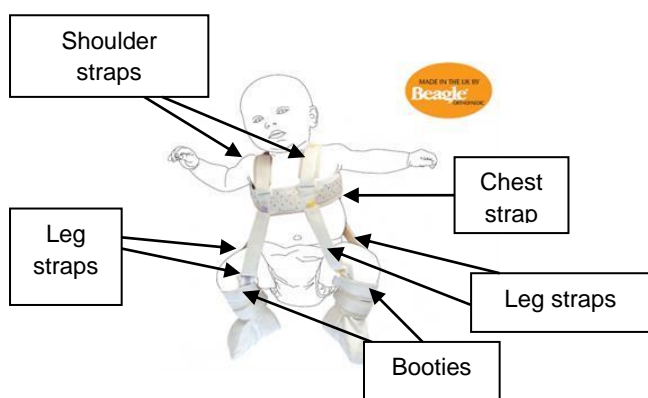
Do **not** use talcum powder. This can clog their pores and leads to skin irritation. If the harness gets soiled you can sponge with disinfectant or use disinfectant wipes. It is likely the straps will remain stained.

## Fitting instructions

Only fit and use the harness as directed by your clinician. The straps have been marked so that you know how to re-apply if undone.

Please ensure the chest strap is fastened with two fingers underneath.

A correctly fitting harness should hold the hips in 90 degrees flexion and splayed out in a frog position. If you do not feel you have re-applied the harness correctly, please contact the Orthotics Department.



You can also contact their helpline **01925 750271** or email [info@steps-charity.org.uk](mailto:info@steps-charity.org.uk)

A short video has been produced by STEPS to complement the advice provided by your orthotist or orthopaedic consultant. This video is also useful to refresh your memory on the correct fitting of the harness. Please scan the QR code on your smart phone or tablet to view.



## Eligibility

One Pavlik Harness will be supplied initially. As this wears out, we will replace them.

The life span of the harness will depend on a variety of factors. If you wish to have more Pavlik Harnesses, please contact the department for a quote.

Please keep this leaflet safe for future use. You are now able to contact the department directly for orthotic care as required. If you need a review appointment, or if the orthosis requires servicing or replacement, you **do not** need to be referred again.

If your child presents with new symptom(s)/ condition(s) that are unrelated, you will require a new referral to be assessed for further orthotic management.

### You should contact the hospital if:

- Your baby's feet constantly slip out of the booties.
- You feel your baby has outgrown the harness and it appears too tight.
- Your baby has persistent red marks around the neck, chest and thighs.
- The harness becomes badly soiled and cannot be cleaned.

Please contact the Orthotics Department on 01623 676163 to make an appointment with an orthotist.

If the clinician has concerns they will contact the orthopaedic consultant on your behalf.

For further information on the condition, please refer the International hip dysplasia Institute's website <http://hipdysplasia.org>

**Name**

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**NHS number**

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**Date of birth**

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**Contact details**

Orthotics Department  
Clinic 2  
King's Treatment Centre  
King's Mill Hospital  
Sutton in Ashfield  
Notts  
NG17 4JL

**Clinics are held at:**

- Clinic 2, Kings Treatment Centre
- General Outpatients, Newark Hospital
- Neuro Rehabilitation, Mansfield Community Hospital.

The contact telephone number for **all** orthotic queries is 01623 676163.

**Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)  
Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

**Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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