



ORTHOKIDS

Children's Bracing and Orthotic Specialists

Pavlik Harness Treatment for Hip Dysplasia



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Specialists

'Melbourne's most experienced Paediatric Orthotists'

Main Consulting Rooms: 18 Stirling Crescent, Surrey Hills. VIC. 3127

Also consulting at: 219 Abbotsford St North Melbourne (close to RCH)

 info@orthokids.com.au

 (03) 98364480

orthokids.com.au



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The Pavlik Harness has been used to effectively treat hip dysplasia in children for many years. It is a soft and forgiving device but must be fitted correctly to work properly. The Harness needs adjustment for growth every 2-4 weeks and must be done by your Orthotist or doctor.

The Pavlik Harness is specially designed to gently position your baby's hips so they are aligned in the correct position to help normal growth and development of the hip joint.

Orthokids' Pavlik Harnesses are made in Melbourne from low allergenic natural materials.



Your Baby's Pavlik Harness should be worn

- 24 hours a day and is not to be removed.
- At all times and is only to be removed for bathing.
- Whilst your baby is sleeping, during the day or night.

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Fitting and Checking the Harness

Your Orthotist will explain these instructions in detail during your initial appointment.

When the chest strap of the harness is done up, you should be able to slide two to three fingers underneath the strap comfortably.

This allows for expansion of the chest. If the chest strap is too loose, the shoulder straps will slip off and the effectiveness of the brace will be compromised.



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The 2 straps below the knee should be secured firmly to prevent the foot slipping out of the Harness.

After a week or so you will notice indentations forming on this part of the legs. These are a sign that you are securing the Harness correctly. Once the Harness is removed, these indentations will disappear.



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The buckles on the front and back of the harness will be adjusted by your Orthotist at your regular reviews. Please do not adjust the position of the straps attached to these buckles.

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Feeding your baby

It is important for you and your baby to be comfortable whilst feeding. The Harness will maintain the correct position of the hips in most positions for feeding.

- Sit your baby on your hips with one leg on either side of you.
- Some people suggest the 'football hold' for feeding
- Often comes down to trial and error

If you are having trouble with feeding, please contact your Maternal Child and Health Nurse

Clothes to wear with the Pavlik Harness

Avoid tight clothing, dresses or pants with bottom press studs are ideal. This often means 'upsizing' to allow for the extra bulk of the Harness.

During summer, little dresses / nighties work well.

Cleaning your Baby

If your baby is wearing the Harness 24 hours a day, you cannot bath them in the normal manner.

You are able to undo the chest strap and wash under their arms and around the chest

You can undo one leg strap below the knee at a time. It is important to wash behind the knees as this is a spot that can get fairly 'crusty'.



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Cleaning the Harness

Understandably this type of brace can get exceptionally dirty.

The harness can be wiped down or spot washed with warm soapy water.

Other tips and hints....

Your baby may be upset at first and it is not uncommon to have a couple of sleepless nights, but this should reduce within 3-4 days. We believe the grumpiness is related to the restriction of movement and the inability to rest in a 'comfortable' position. If your baby is still upset constantly after 3-4 days, please contact our office.

If the harness can be removed for short periods, wear a singlet underneath to reduce soiling.

The harness weighs approximately 100 grams.

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If you have any queries please do not hesitate to contact our office on
9836 4480.

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