

# Developmental Hip Dysplasia (DDH)



ALCHEMY  
IN MOTION

## What is Developmental Dysplasia of the hip?

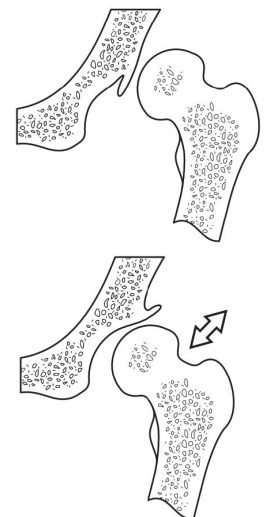
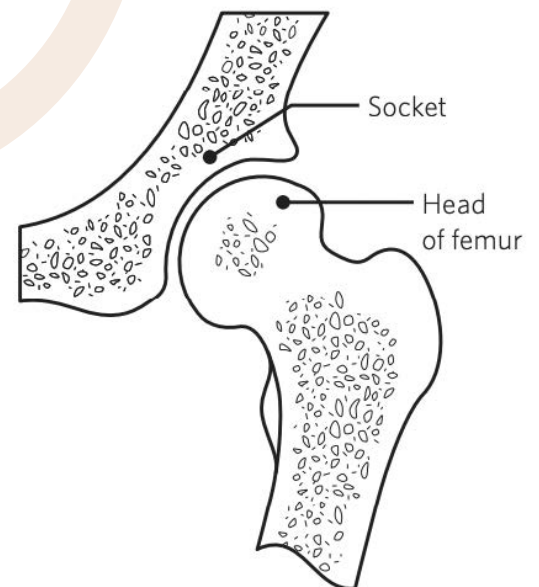
Developmental Dysplasia of the hip (DDH) is a condition which affects newborns and young children. A normal infant's hip is not mature when they are born, however, develops into a strong stable joint. The hip joint is a ball and socket joint. It involves the acetabulum, which is a round shaped cup that holds the head of the femur to allow movement of the leg in multiple planes of direction.

However, in DDH the hip socket may be shallow or the structures around the bones may be lax, resulting in the femoral head to be unstable. In most severe cases, this instability can result in dislocation of the femur from the acetabulum.

Your infant may not be born with this condition and it may develop during weeks to months after birth. It may also not occur on both hips. Some cases of DDH are unilateral (meaning it only affects one hip).

### Risk Factors:

- Female gender
- Previous family history of DDH
- Breech pregnancy
- Various birth delivery complications
- Twin births



## Signs your infant may have DDH:

- Uneven positioning of the legs
- Stiffness or rigidity of the legs or one side
- A leg appearing shorter than the other
- Uneven thigh or buttock creases

## Imaging:

- Hip ultrasound or xray are essential to confirm DDH. Before the age of 6 months ultrasound is the first class imaging method due to the visibility of the hips on scan during this age.

## Treatment:

Assessment and treatment from a physiotherapist early is essential to ensure the best possible outcomes for your infant. As there are varying severity of DDH an assessment is essential to specifying the treatment for your infant.