

**Patient
Information**

Pavlik harness

About the pavlik harness

The pavlik harness is designed to gently position your baby's hips to help them to develop normally. The harness must never be removed, even if it is soiled, unless directed by a doctor. If the hips are incorrectly positioned there is a risk to the blood supply to the hip joint.

- Every 2 weeks or so the harness will be checked and adjusted for growth to make sure that the hips remain in the correct position.
- The nappy should be worn as usual. The long leg straps must not be inside the nappy or the harness will not function properly and the straps will get wet.

The harness is worn next to the skin underneath your baby's clothes. You may need larger sizes of some clothes.

- It is important to check your baby's skin several times each day for areas of rubbing. If the skin becomes red, wash and dry it carefully and protect the skin with a small area of cotton wool or gauze.
- The long leg straps must only be adjusted by a member of the hospital team.
- If your doctor has given permission for you to undo other straps for washing, the chest strap should have a 3 to 4 finger gap and the lower leg straps a 1 finger gap when done up again.
- Your baby should be handled and positioned as usual making sure that the knees are kept apart.
- When traveling it may be necessary to place a small towel in the base of the car seat to support your baby's hips.

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Contact information

Mr Henderson's secretary

Gloucestershire Royal Hospital
Tel: 0300 422 6621

Mr Kumar's secretary

Cheltenham General Hospital
Tel: 0300 422 6621

Children's Physiotherapy

Tel: 01452 545 928

Plaster Room

Gloucestershire Royal Hospital
Tel: 03004 228 411
Monday to Friday, 8:45am to 4:30pm

Further information

Steps Worldwide

Website: www.stepsworldwide.org/conditions/hip-dysplasia-ddh/

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>