

# Hip Ultrasound Scan

## Information and advice for patients

Your baby has been referred for a hip ultrasound scan. A hip ultrasound scan screens for a condition called hip dysplasia. This is a condition where the “ball and socket” joint of the hip does not properly form. If hip dysplasia is not identified and treated early, it can lead to problems moving around like a limp or restricted movement, pain, or osteoarthritis.

**There is an optimum time for a hip ultrasound to be completed when they are young. Therefore, it is important to attend the hip ultrasound appointment at the correct time.**

If your baby was born after 34 weeks gestation, they should have a hip scan between the age of 4 and 6 weeks.

If they were born before 34 weeks gestation, they should have a hip scan between 38- and 40-weeks corrected age.

**You will receive an appointment in the post for your hip ultrasound scan. If you are unable to attend the appointment, please call the booking team as soon as possible on 0121 507 3339.**

### Why has my child been referred for a scan?

As part of their newborn examination, your child will be examined for signs of hip dysplasia, which include feeling the hips for movement and examining their leg length. These tests are not 100% accurate, and if any abnormalities are found on the examination, a hip ultrasound will be requested to examine the hip in more detail. Other reasons your child may be referred for a scan are if they were born breech, if a sibling or parent has had it or if your child has another condition affecting the skeleton.

Your baby has been referred for a hip scan because (Tick those that apply):

- They had a Breech presentation.
- A parent or sibling had hip dysplasia.
- They have signs on physical examination.
- They have another condition affecting the skeleton.
- They were a multiple pregnancy and one or more of the babies has had a risk factor (all babies will be scanned).

### What is a hip ultrasound?

A hip ultrasound is a procedure like the ultrasound used in pregnancy. It does not cause pain or harm. The baby will be undressed, and each hip will be scanned by lying them on their side. The sonographer will then look at the images taken and determine if there are any signs of hip dysplasia. The scan usually takes between 15 and 20 minutes.

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## What happens after the scan?

If the hip ultrasound scan is normal, your child will not need a further scan and no further tests are required. If the ultrasound shows your baby has hip dysplasia, you will be referred to a Physiotherapist or Orthopaedic doctor for further treatment. Usually, hip dysplasia can be treated successfully using a Pavlik harness.

## Further Information

### National Health Service

Developmental dysplasia of the hip

Website: [www.nhs.uk/conditions/developmental-dysplasia-of-the-hip](http://www.nhs.uk/conditions/developmental-dysplasia-of-the-hip)

### Steps Worldwide

Hip Dysplasia (DDH)

Website: [www.stepsworldwide.org/conditions/hip-dysplasia-ddh](http://www.stepsworldwide.org/conditions/hip-dysplasia-ddh)

Steps Worldwide have produced an information video. If you've been told that your baby needs an ultrasound scan to identify whether they have hip dysplasia, this video will help you understand more about the process. The video is available at the following link or by scanning the QR code.

Weblink: <https://youtu.be/e7veLTwpJxM> QR code:



*(Websites accessed 06 June 2023)*

If you would like to suggest any amendments or improvements to this leaflet please contact SWB Library Services on ext 3587 or email [swbh.library@nhs.net](mailto:swbh.library@nhs.net).



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