

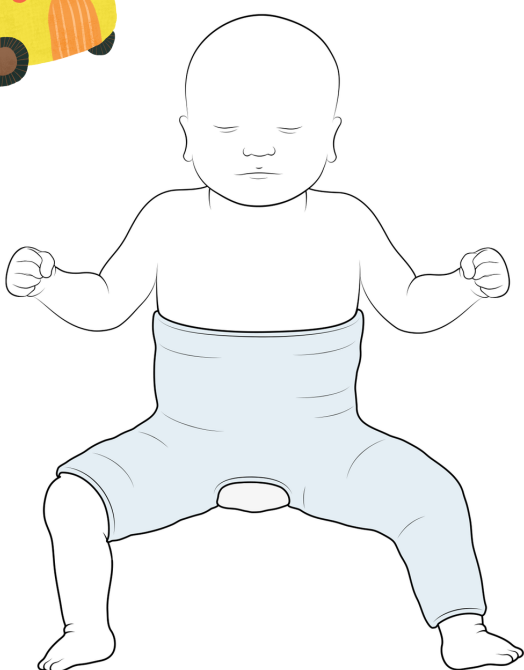
# HIP DYSPLASIA & SPICA CAST

## Hip Dysplasia<sup>1</sup>

Hip Dysplasia refers to hip instability. As your child grows, the bones and ligaments of the hip grow and change as well. For the hip to grow and change properly, there needs to be good alignment of the hip bones. Any changes in the proper alignment of the hip bones will lead to hip dysplasia.

BABY

Spica Cast



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## Spica Cast<sup>1,2</sup>

- Often used in Kids older than 6-8 months or when the Pavlik harness has failed
- It is usually worn for 3-6 months

## PT Role<sup>3,4</sup>

- In the hospital PTs assist with parent education so that they feel comfortable caring for their child in their home, such as positioning, lifting, and diapering
- After the cast is removed PTs will play an important role in helping your child regain strength and function

## Positioning<sup>5,6,7,8</sup>

- Change the position every 2 hours all throughout the day to avoid skin sores beneath the cast.
- Do not forget about tummy time!
- Pillows and blankets are great for positioning
- When the child is on their back, place a pillow or towel roll underneath their calves to lift their heels off of the surface to avoid sores developing on their heels.
- Positioning is important to prevent sores, maintain strength, and comfort, prevent rolling

## Lifting<sup>6,7,8</sup>

- Never use a bar between legs, if present, to lift your child
- Avoid lifting your child solely under their arms to avoid injury
- One person lift: use one arm to cradle underneath the child's arms and your other arm under their bottom
- 2-person lift: one person supports underneath their shoulders and the other person holds the child's legs. Important for both individuals to communicate when they are lifting!
- When lifting your child bend your knees and keep them close to your body to prevent injuring yourself!

## Diapering<sup>9</sup>



- Place sanitary napkin over genital area
- Cut and fold diapers so that they fit inside the cast
- Place 2nd diaper around the cast to prevent leakage

### References:

1. [Vaquero-Picado A, González-Morán G, Garay EG, Moraleda L. Developmental dysplasia of the hip: update of management. EFORT Open Reviews. 2019;4\(9\):548-556. doi:10.1302/2058-5241.4.180019](#)
2. [Hip Dysplasia | Boston Children's Hospital. Accessed November 17, 2023. https://www.childrenshospital.org/conditions/hip-dysplasia](#)
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4. [Hip Disorders | Miller Children's & Women's Hospital. Accessed November 17, 2023. https://www.millerchildrens.memorialcare.org/specialties/orthopedic-center/hip-disorders](#)
5. [Caring for a Child in a Spica Cast | Patient Education | UCSF Benioff Children's Hospitals. Accessed November 17, 2023. https://www.ucsfbenioffchildrens.org/education/caring-for-a-child-in-a-spica-cast](#)
6. [Cast: Hip Spica. Accessed November 17, 2023. https://www.nationwidechildrens.org/family-resources-education/health-wellness-and-safety-resources/helping-hands/cast-hip-spica](#)
7. [Caring for a Child in a Hip Spica Cast | Lurie Children's. Accessed November 17, 2023. https://www.luriechildrens.org/en/specialties-conditions/hip-spica-cast-care/](#)
8. [Pediatric Spica Cast | Children's Healthcare of Atlanta. Accessed November 17, 2023. https://www.choa.org/medical-services/orthopedics/hip-program/spica-cast](#)
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