



**DDH (Developmental Dysplasia of the Hips)**  
**QUICK LINKS**

**CLINICAL MANAGEMENT OF DDH**

**DDH Pathway  
Flowchart**

**Ordering  
Hip X-rays**

**Hip  
Examination**

**INFORMATION AND HANDOUTS FOR FAMILIES**

**WDHB  
DDH  
Pamphlet**

**Starship  
Orthopaedics  
DDH  
Pamphlet**

**REFERRAL LETTERS**

**GP Letter**

**FURTHER READING AND INFORMATION**

**DDH  
Educational  
videos**

**DDH  
Guideline,  
ADHB**



**DDH MANAGEMENT FLOWCHART**

**INITIAL NEWBORN ASSESSMENT BY LEAD MATERNITY CARER**

- Assess for DDH risk factors.
- Initial newborn exam within first 24 hours and further exam at 1 week.
- Babies in SCBU will be evaluated by the paediatric team and managed accordingly.

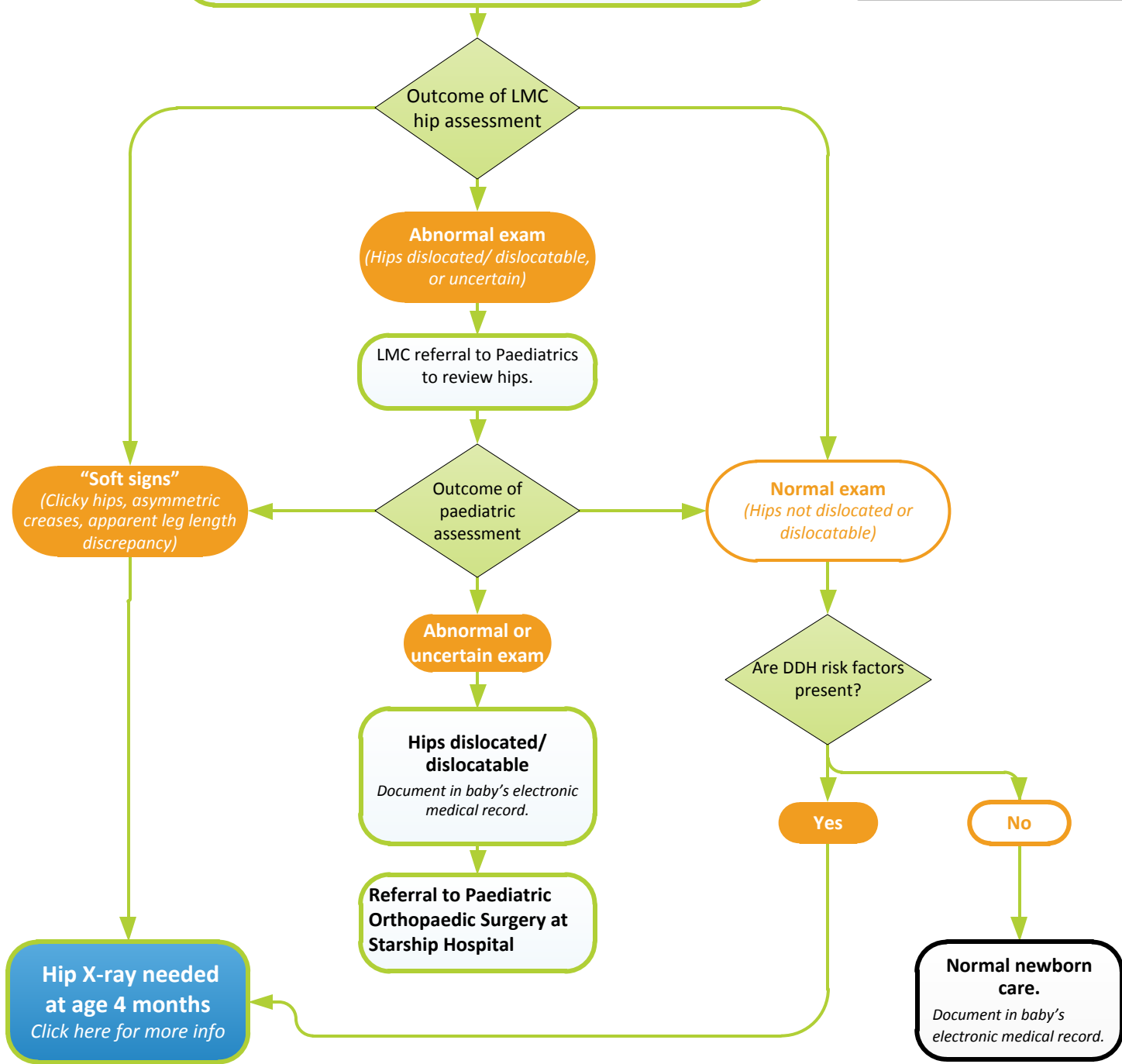
[How to examine baby's hips Click here](#)

**HELPFUL HINT!**

**DDH Risk Factors:**

- Breech presentation
- Family history of DDH
- Other congenital anomalies
- Neuromuscular disorders

*(First born female has higher risk.)*

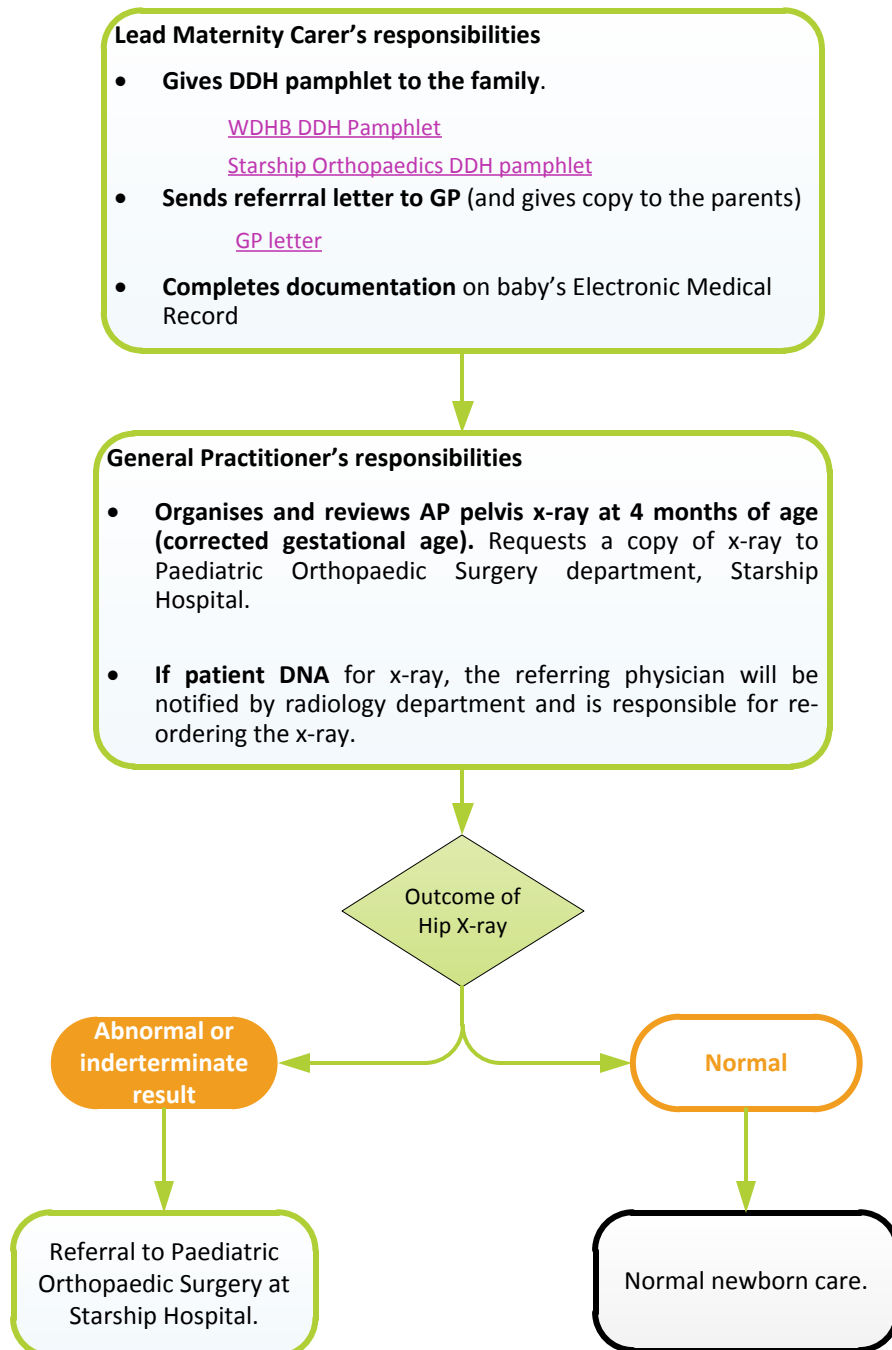




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### ARRANGING HIP X-RAYS FOR A BABY WITH RISK FACTORS FOR DDH





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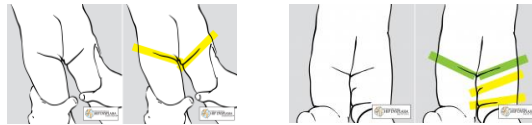
## Newborn Hip Examination

**Evaluate for neuromuscular disorders, syndromic features and other orthopaedic problems.**

- Dysmorphic features suggestive of a syndrome
- Weakness (poor tone, poor suck, weak cry)
- Range of motion of hips (limited movement, arthrogryposis or fixed joint contractures)
- Club foot (talipes equinovarus)

### Soft signs

- Asymmetric skin creases



- Clicky hips

- Apparent leg length discrepancy



Galeazzi sign

### Abnormal Ortolani and/ or Barlow test (“clunk”)

A hip doll is available on maternity wards and in SCBU for practice.

Watch videos about the hip exam on the following link  
(Click on “Education Module” then “Instability and Dislocation”)

DDH Education  
Module  
[Click here](#)



#### **AUDIT CRITERIA**

The following criteria will be used to audit the pathway:

- 1) Percentage of breech babies who have x-rays requested.
- 2) Who ordered the x-rays (LMC, GP, paediatrician, orthopaedics)
- 3) Percentage of breech babies with x-rays completed by 6 months
- 4) Random chart reviews of documentation of hip examination
- 5) Percentage of abnormal hip x-rays which have been reviewed by Orthopaedics.
- 6) Percentage of babies with abnormal x-rays which have been referred to Orthopaedic Surgery.

#### **PUBLISHPMENT AND REVIEW DATES**

This pathway was published on: 26/09/2016

Review dates:

Next review due:  
Sept 2017



### REFERENCES

- Starship Paediatric Orthopaedic Clinical Information, December 2014 <http://www.healthpoint.co.nz/public/paediatrics/starship-paediatric-orthopaedics/?medpro=show&solo=mpTreatmentGuidelinesList&index=3>
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- Nemeth BA, Narotam V. Developmental Dysplasia of the Hip. *Pediatrics in Review* 2012;33;553.
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- Storer S, Skaggs D. Development Dysplasia of the Hip. *AAFP* 2006;74;8 1310-6. Do T,

### PATHWAY DEVELOPMENT TEAM

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**Waitemata**

District Health Board

Best Care for Everyone

## Developmental Dysplasia of the Hips (DDH) Pathway Paediatrics Department



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