

Pavlik Care

Your child has been placed in a Pavlik harness to treat his/her hip condition. Once the Pavlik harness has been applied, and your baby's hips stabilized, the harness should not be removed. Your baby may be fussy with the new leg position for the first few days, but will quickly adjust to the harness.

Check the position of your baby's legs weekly, to maintain the thighs at a 90 degree angle to the body. The straps can be lengthened about 1 centimeter a week, as needed.

The chest strap should be at the level of the baby's nipple line. You should maintain a 2 finger space between the chest strap and the skin. Check this strap after eating to ensure that it does not feel too tight, so that it will not restrict your baby's breathing.

Do not cut the toes out of the harness "socks".

Your baby's skin may be cleansed with a slightly damp washcloth or baby wipe used around the straps. The chest strap may be undone as demonstrated in the office to clean your baby's shoulders and under the arm-pits.

Do not swaddle your baby, as this pulls the baby's knees together, and this position must be avoided.

Choose clothing that does not pinch or put pressure on the leg straps, such as elastic waist pants or leggings. Onesies may be worn, but in a larger size.

You may continue to place your baby in a car seat with the harness on, but you may need to place a folded blanket or diaper under the bottom for comfortable seating.

You may use any seating that does not pull your baby's knees together.

Tummy time may continue as your pediatrician allows.

When nursing or feeding your baby, maintain your baby's legs in a "frog-leg" position. This may take some adjusting on how you hold your baby.

Anytime you have questions or concerns, please don't hesitate to contact our office! We welcome any calls.

Office # 800-682-4220

Thank you!!
The staff of OUCH Orthopedics