

# Breech Babies and Hip Joints

Royal Columbian Hospital



Your doctor or midwife has found your baby to be in a breech position. This means your baby is sitting with their bottom down instead of head down in your pelvis.

Babies in a breech position are more likely to have loose fitting hip joints. The medical term for this is “developmental dysplasia of the hip” or hip dysplasia (say *dis-play-sha*). This condition is even more likely when the baby is female and if other members of the family had this condition. In fact, hip dysplasia affects about one baby in every 100 babies.

Because your baby is in a breech position, you will see a specialist in delivering babies (an obstetrician). This doctor decides if they can turn your baby in the womb to be head down so you can deliver the normal way or if your baby should be delivered by caesarean section (or C-section). Either way, the chances of hip dysplasia are still there.

When born, your doctor or midwife checks your baby's hips.

- If they find any looseness in the hip joints, we arrange for your baby to go to our Hip Dysplasia Clinic within 2 weeks.
- If they find your baby's hips are normal, we arrange for your baby to go to the Hip Dysplasia Clinic when they are around 6 weeks old.

At the Hip Dysplasia Clinic, your baby sees a specialist doctor (paediatric orthopedic surgeon) for a detailed check of your baby's hip joints, usually after an ultrasound of the hips.

In most cases, the hips are normal. If your baby has this condition, we can start the treatment right away. Treating this condition is usually quite simple using a special harness. It works well to fix the condition.

All babies should continue to have their hips checked regularly during the first year of life. Arrange to see your family doctor or nurse practitioner every few months. This is to make sure their hip joints grow and develop normally.

Before you go home with your new baby, we give you more information about the Hip Dysplasia Clinic appointment.

[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.

Catalogue #267982 (May 2023)

For more copies: [patienteduc@fraserhealth.ca](mailto:patienteduc@fraserhealth.ca)