

# Tübingen Hip Harness

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Advice for parents and carers

## **Physiotherapy**

## **Patient Information Leaflet**

## **Why does my baby need to wear a hip harness?**

Following the ultrasound scan of your baby's hips, the paediatric orthopaedic consultant has prescribed that your baby should wear a hip harness. This is to hold the hips in their best position to encourage normal growth. The harness will be set to this position on your baby's first appointment. Adjustments should only be made by the consultant or physiotherapist to ensure that the correct position is maintained.

## **How long should my baby wear the harness for?**

The harness should be worn for 23 hours per day over a single layer of clothing. A Babygro is ideal. The time spent out of the harness should total no more than an hour a day to allow for bathing and nappy changing etc. Failure to keep the harness on for 23 hours per day may result in it being needed for longer. A repeat ultrasound scan is performed 6 weeks after the initial scan when the decision to continue or cease harness use is made. Most babies spend 6 or 12 weeks in a harness.

## **How often will I need to bring my baby to the hospital?**

Your baby would normally be seen on the day of the scan to provide and fit the harness. If this is not possible, a referral will be sent to the physiotherapy department so that the harness can be fitted there at a later date.

To check that the harness still fits properly as your baby grows, you will need to visit the physiotherapy department every 10 - 14 days. The physiotherapist will make any necessary adjustments to the harness and ensure that you know which setting is needed for your baby at that time. The appointments will last around 10 minutes. It is important to attend all appointments.

However, if you are unable to attend, please phone in advance to discuss with the physiotherapist who is treating your baby.

If you have not been contacted by the physiotherapy department within 5 days of the scan, please contact us on the numbers at the bottom of this page so an appointment can be arranged.

**RLI physiotherapy:** 01524 583350

**QVC physiotherapy:** 01524 405740

[www.steps-charity.org.uk](http://www.steps-charity.org.uk) 01925 750271

## Leaflet Details

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## **Other formats**

If you would like to receive this information in an alternative format, then please contact : 01539 795497

## **Travelling to our hospitals**

For the best way to plan your journey visit our website:  
<http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS): 01539 795497

## **Useful Contact Details**

NHS 111 (for 24 hour urgent health advice): telephone 111

## **Your Information**

If you would like to know how we use, share, disclose and secure your information and your rights of access to the information we hold about you, visit the Trust's website: <http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS) on 01539 795497.

## **Evidence**

Details of the evidence used in writing this leaflet are available on request from: Patient Information Officer at 01524 512476.

## **Feedback**

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment, please speak to a member of staff or contact PALS on 01539 795497.

UHMBT is a no smoking Trust. Smoking is not permitted on any of the hospital sites. You can contact the NHS North Lancashire Stop Smoking services on the number below:

NHS Quit Squad - **0800 328 6297**

If you live in Cumbria, please call **0300 013 3000** to find a local pharmacy who are offers 1-2-1 support and nicotine replacement therapy.

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