

**Office for Genetics
and
People with Special Health Care Needs**

**Congenital Hip Dislocation/Hip Dysplasia
Fact Sheet**

What Is Congenital Hip Dislocation?

- It is a condition in which the ball joint at the top of the leg does not sit in the correct position in the hip joint causing potential dislocation of the thigh bone from the socket in the pelvis

Signs and Symptoms

- Limited movement of the flexed hip
- Shortening of one leg
- May only be found on physical exam by pediatrician who checks for hip stability

What is the cause?

- Position of infant before birth combined with lax joints may result in incomplete formation of hip joint.
- Breech Birth (infant born feet first)
- More common in girls and first born babies
- Family history of congenital hip dislocation

Is there any treatment?

- Treatment is performed with a special brace to hold the infant's hips in a position that allows the joint to develop in the right position and stabilize
- If this does not work, a "closed reduction" in which the hip is put back in place without surgery, may be needed.
- If the closed reduction does not work surgery is needed to reduce the hip joint into proper position
- Physical therapy may be helpful to help with motor skills. You can contact the Maryland Infants and Toddlers Program listed on the next page

Support Groups/Resources

- Kennedy Krieger Institute
<http://www.kennedykrieger.org>
443-923-9200
- March of Dimes
<http://www.marchofdimes.com>
1-410-546-2241
- Office for Genetics and Children with Special Health Care Needs
<http://fha.maryland.gov/genetics/bdris.cfm>
1-800-638-8864
- The International Hip Dysplasia Institute
<http://www.hip-baby.org/>
- The Parents' Place Of Maryland
www.ppm.org
410- 768-9100
- Maryland Infants and Toddlers Program
http://www.marylandpublicschools.org/MSDE/divisions/earlyinterv/infant_toddlers/
410-767-0261 or 1-800-535-0182
- NIH Health information:
<http://health.nih.gov/topic/BirthDefects>
- CDC National Center for Birth Defects and Developmental Disabilities
<http://www.cdc.gov/ncbddd/birthdefects/index.html>
- Birth Defects Research for Children, Inc
<http://www.birthdefects.org/>
- National Organization of Rare Disorders (NORD)
<http://www.rarediseases.org/>

