

Information for patients  
**Pavlik Harness**



**Alice Ward**

Your child has been fitted with a Pavlik harness because the practitioner has concerns about their hip development.

The Pavlik harness is a lightweight soft fabric harness. It has a chest strap, two shoulder straps and four leg straps which may be attached to little 'booties'.

The harness is designed to allow your baby's legs some movement while guiding them into a position that will help with their development.

Sometimes your baby may be unsettled initially while they get used to the harness but it doesn't cause any pain so your baby shouldn't require any medication.

Your baby will have regular ultrasound scans to check their hip development. The results of this will guide when the harness can be removed.

You will be shown how to change your baby's clothes and nappy when the harness is fitted. This can take a bit of time to get used to, but you will soon get the hang of it.

#### Things to avoid:

- Baby door bouncers
- Baby walkers
- Baby slings/carriers
- Swaddling your baby

## Pavlik harness guidelines for parents

1. Do not take off the harness or make adjustments to the straps unless you have been instructed to do so.
2. Look at your child's skin making sure there is no soreness. If there becomes a problem please contact clinic.
3. If bathing your child out of harness is NOT allowed, a daily sponge wash will be sufficient, washing all visible skin, as shown by the practitioner.
4. You may unbuckle the shoulder straps one at a time to change clothing. This will also be shown by the practitioner.
5. Return shoulder straps to the original position where the practitioner has marked on the harness.
6. If your harness becomes dirty wipe clean as best as possible.
7. Following fitting of your child's harness you will be asked to attend clinic one week later to be seen by a practitioner for a check appointment. Appointments will then be fortnightly between ultra sound appointments.

## Contact Details:

If you have any questions or concerns, please contact us in the following ways:

Children's Outpatients: **01691 404510**

Alice Ward: **01691 404444** Email: [rjah.ctev@nhs.net](mailto:rjah.ctev@nhs.net)

## Useful information:

For further information, you will also be given a leaflet produced by Steps Charity.

Steps (support group for families of children with lower limb disorders)  
**01925 757525** or [www.steps-charity.org.uk](http://www.steps-charity.org.uk)

## If you require a special edition of this leaflet

This leaflet is available in large print. Arrangements can also be made on request for it to be explained in your preferred language. Please contact the Patient Advice and Liaison Service (PALS) email: [rjah.pals.office@nhs.net](mailto:rjah.pals.office@nhs.net)

## Feedback

Tell us what you think of our patient information leaflet. Please send your comments to the Patient Advice and Liaison Service (PALS) email: [rjah.pals.office@nhs.net](mailto:rjah.pals.office@nhs.net)

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