

**Patient  
Information**

# Pavlik harness

## About the pavlik harness

The pavlik harness is designed to gently position your baby's hips to help them to develop normally. The harness must never be removed, even if it is soiled, unless directed by a doctor. If the hips are incorrectly positioned there is a risk to the blood supply to the hip joint.

- Every 2 weeks or so the harness will be checked and adjusted for growth to ensure that the hips remain in the correct position.
- The nappy should be worn as usual. The long leg straps must not be inside the nappy or the harness will not function properly and the straps will get wet.

The harness is worn next to the skin underneath clothes. You may need larger sizes of some clothes.

- It is important to check the skin for areas of rubbing several times each day. If the skin becomes red, wash and dry it carefully and protect the skin with a small area of cotton wool or gauze.
- The long leg straps must only be adjusted by a member of the hospital team.
- If your doctor has given permission for you to undo other straps for washing, the chest strap should have a 3 to 4 finger gap and the lower leg straps a 1 finger gap when done up again.
- Your baby should be handled and positioned as usual making sure that the knees are kept apart. • When traveling it may be necessary to place a small towel in the base of the car seat to support the hips.

Reference No.

**GHPI0826\_01\_21**

Department

**Therapy**

Review due

**January 2024**

**Patient  
Information**

## Contact information

### Mr Henderson's secretary

Gloucestershire Royal Hospital  
Tel: 0300 422 6621

### Mr Kumar's secretary

Cheltenham General Hospital  
Tel: 0300 422 3039

### Children's Physiotherapy

Tel: 01452 545 928

### Plaster Room

Cheltenham General Hospital  
Tel: 03004 223 148

Monday to Friday, 9:00am to 4:30pm

Gloucestershire Royal Hospital

Tel: 03004 228 411

Monday to Friday, 8:45am to 4:30pm

## Further information

### Steps Worldwide

Website: [www.stepsworldwide.org/conditions/hip-dysplasia-ddh/](http://www.stepsworldwide.org/conditions/hip-dysplasia-ddh/)

Content reviewed: January 2021