



# 9870 2284

Please call if you have any questions or require an appointment

Individual Client Notes

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Costs and invoicing

The service provided today will incur a cost. These will have been discussed with you if they are not covered by the hospital or a 3<sup>rd</sup> party funding body like TAC or Work cover.

An invoice will be sent to the address provided at the consultation. Payment details can be found on the invoice.

*Please call if you are having trouble paying the invoice.*



**It is important that you attend any review appointments. If you are having any problems with your Orthosis, we may be able to fix it at your appointment.**



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SAI GLOBAL

# PAVLIK HARNESS

Your child has been fitted with a Pavlik Harness. Correct use is important for the best result and their safety. Please note your orthosis is for **their use only**.

### How to put on a Pavlik Harness

It is important that you put the Pavlik harness on correctly. The Pavlik harness should be worn at all times unless advised otherwise by your doctor. If you need to remove the harness unexpectedly, please refit as soon as possible and notify your Orthotist – a follow up appointment may be necessary to check the fitting.

1. The harness should generally be worn against the skin to allow easy change of clothing.
2. Lay the harness out flat with the chest strap open and facing up.
3. Do up the shoulder straps up first.
4. Attach the chest strap firmly so you can fit 1-2 fingers between the strap and the child.
5. Do up the calf straps up one at a time, so the child's heels don't come out of foot section.
6. Do up the front leg straps to the front of the chest strap to the marked position. This will bend the knees and hips, their knees should sit level with their hips.
7. Do up the straps at the back of the legs to the back of the harness to the marked position. This will rotate the legs out.

### Problems?

Check their skin regularly. If you feel that the Pavlik harness is:

- Causing discomfort, redness or skin breakdown
- Broken or damaged
- Worn Out

Please contact the Head to Foot Orthotics as soon as possible to discuss the situation.

### Wearing the Pavlik Harness

It may take some time to get used to the harness and they may be 'unsettled' after the fitting. It doesn't cause them pain, usually they are protesting that they can't 'stretch out.' Your child will probably develop indentations from the pressure of the calf straps. These will resolve once the harness comes off at the end of the treatment. Your child's motor development (e.g. rolling, crawling) will not be affected long term, children are very adaptable at this age.

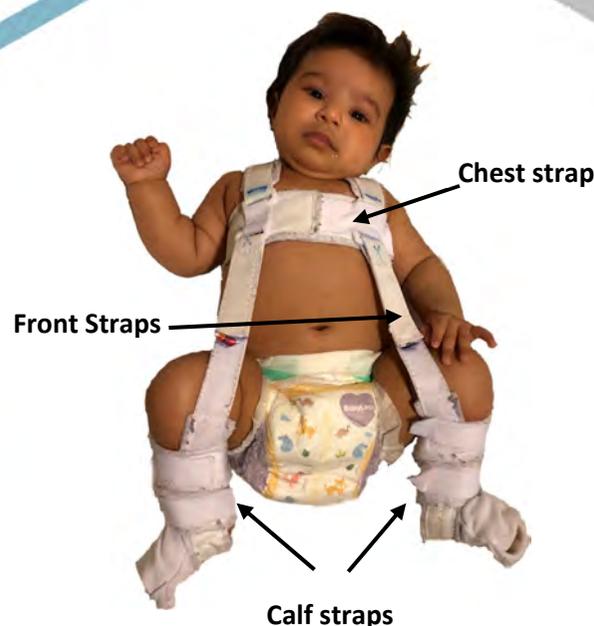
- ✓ **Do** check their skin regularly
- ✓ **Do** check the position of the harness and that the child's heels and feet are not slipping out.
- ✓ **Do** continue to use your car seat, you may need to roll a hand towel and place it behind their lower back to prevent their hips from being squashed.
- ✓ **Do** hold your child in a position that encourages legs to maintain frog like position.

✗ **Do Not** make changes to the harness or adjust the straps.

✗ **Do Not** bathe your child whilst wearing the harness

### Cleaning

- ✓ **Do** wipe between creases behind the knees and hips and dry thoroughly.
- ✓ **Do** check the brace for signs of wear and ensure Velcro is free of lint.
- ✗ **Do Not** wash the harness
  - \*only if absolutely necessary wash the harness with warm soapy water and air-dry only.
- ✗ **Do Not** apply direct heat to the harness.



**Contact Head To Foot Orthotics immediately** if you notice redness, broken skin or increase discomfort