

head to foot orthotics

Pavlik Harness



Pavlik harness

This brochure is intended as a source of information for patients, their family and friends. Questions are welcome, so please contact your Orthotist on the contact number provided.

What is a Pavlik Harness for?

The Pavlik Harness holds the child's hips in the best position for the flattened 'socket' to be moulded by the 'ball' of the hip joint. This position is often called a frog-like position.

Wearing time

- Your Doctor will tell you how long per day your child should wear the harness. Usually your child will start wearing the harness at all times (24 hours per day, 7 days per week). You may be allowed to remove the harness for designated times (e.g. bathing) later in the child's treatment. The total length of treatment depends on your child's hip development (usually following an ultrasound) – typically 12 weeks.
- You will have several follow up appointments with your Orthotist during the wearing time – it is advised that your baby is reviewed fortnightly to monitor growth.
- If you need to remove the harness (e.g. when it has been soiled) please refit as soon as possible and notify your Orthotist – a follow up appointment may be necessary to check the fitting again.

Putting On

- The harness needs to be worn against the skin in most cases to allow easy change of clothing.
- Lay the harness flat with the chest strap open and facing up.
- Put the shoulder straps on first and attach the chest strap firmly so you can fit 1-2 fingers between the strap and the child.

- Do the leg straps one at a time. Attach the two calf straps firmly enough so the child's heel won't come out of foot section.

Taking Off

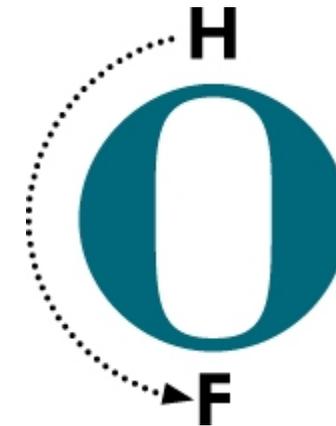
- Only remove the harness if you have permission from your doctor. Reverse the above instructions and leave the harness laid out flat. Take note of the position of the Velcro straps (marking these may be helpful) before removing.

Wearing Problems

- Areas of rubbing, redness or blistering. Contact your orthotist immediately if these things occur. Commonly they occur in 'creases' such as behind the knees and in the hip creases. Make sure you dry thoroughly in these areas.
- Your child may be 'unsettled' for a time after fitting, the harness doesn't cause the child pain, usually the child is protesting that they can't 'stretch out.'
- Your child will probably develop indentations from the pressure of straps. These will resolve once the harness comes off at the end of the treatment.
- If the child's heels/feet are slipping out of the foot section contact your Orthotist for adjustment.
- Car seats are ok if they don't 'squash' the child's legs against the frog-like position (contact your Orthotist to discuss this if concerned).
- When holding the child, refrain from 'squashing' the child's legs against your body.
- Your child's motor development (e.g. rolling, crawling) will not be affected long term, children are very adaptable at this age.

Cleaning

- Wash the harness only if absolutely necessary.
- Wash with warm soapy water. *Strictly* air-dry only.



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Further Details

Please contact if you have questions or require an appointment.



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