



steps

We don't take walking for granted

Anonymous Story

Diagnosed aged 16 months
Treatment to date: Traction,
Open Reduction, 12 week in
plaster, Femoral Osteotomy,
8 weeks in plaster.

Worried that things have not changed in 25 years.

This is my story; I am 27 years old and was born with dislocated hips. I've only just become aware of Steps since doing some research into adults who have the same condition. This is when I became horrified and close to tears failing to understand how this condition nearly 30 years on is still not being picked up and being left, leaving many children having to go through painful treatment.

When I was born, all checks were done as usual with no notice of the dislocated hips as the creases in my legs matched and they were able to move my legs freely. Although my Mum remembers me being a baby that cried when my nappy was changed and did not like to be held too close. She also noticed that when I sat up in my high chair that I always sat to one side. Despite trips to the doctors she was described as an over anxious first time mum and this was actually recorded within my medical files. As I got to the age of 16 months I had learnt to walk, but my mum still felt that there was something wrong as I rolled when I walked. It was not until a health visitor questioned my walking that I was sent to the hospital for an x-ray. This was the start of my treatment.



In January 1983 I was placed in traction and had surgery to cut the muscle in my groin. I then had an operation to re-shape my hip sockets – which instead of being cup shaped they were flat, this resulted in me being in plaster for a total of 12 weeks; six weeks for each leg as each leg was operated on individually. After coming out of plaster, I learnt to walk again and when I went back in the August and my hips were found to have dislocated again. Surgery was then used to put pins into my joints. The Consultant of a Local Hospital that was managing my care stated that he did not feel qualified to complete any more surgery and referred my case to Great Ormond Street Hospital where in January 1984 a Femoral Osteotomy was conducted on both legs and I was in a full body plaster cast for 8 weeks.



In November 1984 the pins were removed which I still have now.

The only thing I remember not being allowed to do is roller-skating, other than that a normal childhood was enjoyed. My sister was born 4 years after me

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with no effects of the condition and she was X-rayed at 6 weeks old to make sure.

to cause me to need future involvement with health services.

I was seen at GOSH until I was 12 years old, before being discharged to the care of the local hospital, until I was aged 16 years old. I was lucky that I have not needed any further surgery, compared to other people that I have read about. The only effect I have is quite visible scars (although others tell me they are not that bad) and some pain when I walk too far.

The next issue to consider will be what happens when I have children and whether they will be affected, only time will tell, although what I do know is I will be fighting to get the right assessment of my children, as my mum did all those 25years ago!!



My worry now is how my hips will age, an x-ray 3 years ago does show some wear on one of my hips, but there was no suggestion as to what I should do to manage this. Another worry for me is how I will manage with pregnancy and childbirth. I still expect more help and advice from the NHS although this is not forward coming or whether there just isn't the long term research into the condition, it just feels that I am left with a condition that has the possibility

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