



steps

We don't take walking for granted

Ellie

Diagnosed aged 9 Months
Treatment to date: Closed
Reduction, Hip Spica, Re-
Dislocation, Repeat Closed
Reduction and Hip Spica for
10 Months.

Ellie's Story

Ellie was born on 6th September 2007, a healthy little girl, all her newborn checks were fine, and all checks there after were also fine with no problems being reported. Ellie was 7 months when I discovered that she was only standing on her tip toes with her left leg whilst playing in her baby walker. Not knowing anything about DDH I waited until she went for her 7-9 month check with the health visitor. The health visitor also told us that Ellie's checks were fine until I discussed my concerns with her. She examined Ellie again deciding only then that it was best to advise us to see our GP as she did have extra creases in her left leg but told us it could wait a couple of weeks as it wasn't urgent.

Being a new mum and a nurse, I took Ellie to the doctors the next day who discovered her hip was clicking when rolled. He then referred us to Darlington Memorial Hospital to see the orthopedic specialist who x-rayed Ellie and discovered her left hip was completely dislocated so he referred us to Durham University Hospital to see the specialist.

After the consultant at Durham had seen us and the x-rays, he made the decision that a closed reduction, cut tendons and application of a spica cast would be needed. We went into hospital for 3 days for this to be done. Everything went well during the operation and Ellie seemed to cope well with her cast after a couple a days of getting used to it. I look back and think it was more me and her dad getting used to it too. Having a child in cast changes everything, you have to think about it every time you pick them up, you put them to bed you have to decide how is the best way for them to sleep comfortably which is hard with a baby who can't tell you. Mealtimes, bath times or washes as

they are now are all different. It was so hard watching our baby go through something so traumatic when there's nothing we could do and we felt guilty that we didn't pick it up any earlier. Taking my 9 month old down to theatre was the hardest thing I have ever had to do, standing watching her screaming as they force her to breathe the gas and not being able to do anything is horrible, no matter how many times you do it, it never gets any easier.



The next check-up we went to we were given an x-ray which showed that Ellie's hip had re-dislocated, so she had to go back in for a new cast and her hip manipulated back into place, this was very traumatic for us and especially Ellie as the new cast was so much wider and it took her a few weeks to get used to it but after a few weeks she became her happy self again.

After 4 months in a cast she was due for another cast change which lead to good news this time Ellie's hip was much more stable and the consultant was able to reduce her cast on her good leg to a short cast, we've still got a way to go but hopefully the hip is in for good now. . She's now a year old and has been in a cast for 4 months, we've been told she will need to be in the hip spica for 10months.



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