



steps

We don't take walking for granted

Jessica

Diagnosed aged 6 weeks
Treatment to date: Pavlik
Harness, open reduction,
13 weeks in spica cast,
6 weeks in broomsticks.

Jessica

I gave birth to Jessica on 30/11/07 (3.5 wks early). She wasn't breech at any time during the pregnancy, there is no history of hip problems in either family and I didn't lose any fluid. However I did have Symphysis Pubis Dysfunction (SPD) on and off during my pregnancy. (I would like this to be a factor for routine scans.)

The doctor noticed a slight click in Jessica's right hip at the birth checks, but told me it was probably nothing and that I would go for an ultrasound at 6 weeks. I wish I was given/told more information at that time as I was going to go to the appointment on my own. During the 6 week wait I did start to notice that Jessica's legs were both drifting over to the left, from just below her hips and didn't know why.

At the 6wk scan, Jessica's hips were both scanned and they told me there and then that the right hip was not correct and she would need to wear a brace/harness. I was in complete and utter shock. I had never heard of this condition or treatment and all I could think about was 'Forest Gump's braces' in the film. We were then taken round to the physio department when they told me what harness would be fitted and showed me a larger one as they didn't have one in Jessica's size to fit that day. The next 24hrs were awful. We couldn't sleep I was constantly crying. The next day we got the harness fitted and was then given slightly more information by the physio and told we would not see the consultant for another 4 weeks.

The physio came to check the harness on a weekly basis and we got used to looking after her differently and started to understand the condition. The consultant was really nice when we did meet him (Dr Marshall, Lancaster Infirmary) but he only has a clinic in our area once a month.

Nearly four months into the harness Jessica went for her first x-ray. The harness hadn't worked so a date was booked for an Open Reduction at 6 months old. We were told the format of operation - 6 weeks in 1st cast, 7 weeks in 2nd cast, broomsticks for 6 weeks.

The operation went really well and we have been managing with the different sized casts quite well. We have had help from a community nurse who visited upon our return from surgery to check the wound and made sure we understood how to look after her.



We are currently in the broomsticks cast and our Consultant has said that the last x-ray looked good, so in 6 weeks time the cast should be removed and Jessica's treatment should be complete (no brace or physio).



www.steps-charity.org.uk

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