

## HOW DID THE INTERNATIONAL HIP DYSPLASIA INSTITUTE AND WEBSITE GET STARTED?



It all began when a mother had the vision and the resources to help others avoid the problems she

faced with her son. One paragraph written by Cara Whitney captures the essence of what we are trying to achieve. "Once I started questioning the system of curing hip dysplasia I realized there was no system. No categories, no percentages. The only thing that has been agreed is that 'We don't know,'" she says. "We need a place to learn, create and gather information about something that is curable but could be cured more efficiently with less harness hours logged and avoiding surgeries. Developing a system that all doctors with less experience can use confidently (avoiding the 'I don't know'). The possibility of creating a universal harness and a website that is informative to doctors and parents who want the answers I was seeking."

The International Hip Dysplasia Institute (IHDI) is a not-for-profit effort to improve the health and quality of life of those afflicted with hip dysplasia.

IHDI is supported by the Arnold Palmer Hospital Foundation in Orlando, Florida, with major sponsorship from Dan Whitney ("Larry the Cable Guy") and his wife, Cara. With this combined effort, we have joined forces with several noted medical centers around the world to promote prevention, diagnosis and treatment of hip dysplasia.

## WHY GO TO OUR WEBSITE?

[www.hipdysplasia.org](http://www.hipdysplasia.org)

### For useful advice:

- Information for parents
- Finding a specialist
- Practical tips during treatment
- Living with hip dysplasia
- Questions to ask the doctor
- Patient stories
- Social support

### For facts about hip dysplasia

- What are the symptoms and signs of hip dysplasia?
- Hip dysplasia treatment methods
- What if treatment fails?

### To learn more about us

- Our Mission
- Our Affiliates
- The Medical Advisory Board
- The International Advisory Board
- Sponsored Research and Clinical Trials

## IHDI AFFILIATED SITES

- Adelaide, AUSTRALIA
- Melbourne, AUSTRALIA
- Toronto, CANADA
- Vancouver, CANADA
- Southampton, ENGLAND
- Boston, UNITED STATES
- Orlando, UNITED STATES
- Philadelphia, UNITED STATES
- San Diego, UNITED STATES



The International Hip Dysplasia Institute depends completely on the generous support of those who believe in the mission of reducing the burden of hip dysplasia through family support, prevention, advocacy, education, research, and treatment of hip dysplasia worldwide. For more information on how you can make a charitable contribution, please visit our website, [hipdysplasia.org](http://hipdysplasia.org). Children and families around the world appreciate your support. Thank you!

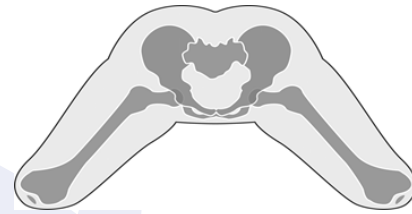
# BABYWEARING AND HIP DEVELOPMENT



INTERNATIONAL  
**HIP DYSPLASIA**  
INSTITUTE®

# BABYWEARING AND HIP DEVELOPMENT

- \* Babywearing is becoming popular because of practical and psychological benefits.
- \* Proper infant hip position is especially important during the first 6 months of life **and** when babies are worn for longer periods of time.



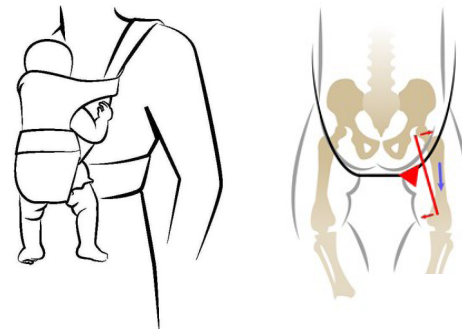
With each hip spread approximately 40° to 55° with 90° to 110° of flexion, the ball of the hip (femoral head) is pressed evenly into the center of the hip socket.

Muscle action of the infant further presses the ball into the socket as the infant moves and clings to the mother. This type of muscle activity is beneficial for healthy joint development. Hip development is most rapid in the first six months of life.



buttocks knee

- \* The **M-position** is recommended with the thighs spread around the mother's torso and the hips bent so that the knees are slightly higher or level with the buttocks with the thighs supported to the knee.
- \* This is also called the "Spread-squat" or "jockey" position.

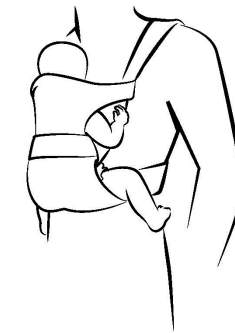


**Not recommended** before 6 months of age

Thigh NOT supported to the knee joint. The resulting forces on the hip joint may contribute to hip dysplasia.



**Better**



Thigh is supported to the knee joint. The forces on the hip joint are optimal because the legs are spread, supported, and the hip is in a more stable position.



For more information go to [www.hipdysplasia.org](http://www.hipdysplasia.org)