Pediatric Infant Hip Ultrasound

What is a hip ultrasound?

An ultrasound of the hips may be ordered on infants hips to evaluate for developmental dysplasia of the hips (DDH). This hip deformity is when the hip is able to move around or even move out of the hip’s socket. This ultrasound should be performed between 6 weeks and 6 months of age. There is normal increased movement of an infant’s hip prior to 6 weeks of age, so earlier ultrasounds can give false positive results.

How does the ultrasound work?

Ultrasound sends sound waves into the body using a transducer, a hand-held device that sends and receives the sound waves. For the exam, the sonographer and radiologist (ultrasound doctor) will apply warm gel to your child's hip and place the transducer on his/her skin to take the pictures. When the sound waves reflect back to the transducer from inside the body, an image is created on the screen. Ultrasound does NOT use radiation.

How should I/my child prepare?

- There is no prep for this exam
- Your child may need to remove his/her clothing, so it may help to have something easy to take off
- You may need extra diapers, as sometimes the gel gets on the diaper
- A favorite distraction or comfort item may be helpful
How long will it take?

45 minutes

Why would my doctor order this?

- These exams are ordered routinely for babies that are breech (bottom down) prior to delivery
- If there is a family history of DDH
- If the pediatrician hears/feels a click or clunk while examining the babies hips

What will happen during the exam?

Your child will lie on his/her side while the sonographer applies the warm gel to your babies hip. While holding his/her hip in place the sonographer will move the camera around and make special measurements on the screen to determine the placement of the hip in the socket. After these measurements are obtained for both hips, the radiologist (ultrasound doctor) will come in and move his/her hips around and watch with ultrasound.

How will I get the results?

After all of the images are obtained, they are reviewed by a radiologist who specializes in ultrasound. They will send the results to your child’s doctor who ordered the exam. In some cases, the radiologist may review the preliminary results with you after the exam is over.