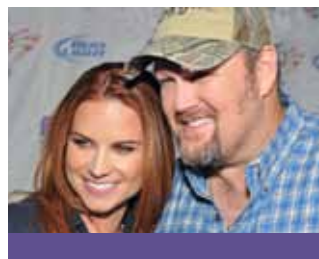


HOW DID THE HIP DYSPLASIA WEBSITE AND THE INTERNATIONAL HIP DYSPLASIA INSTITUTE GET STARTED?



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 (IHD) is a not-for-profit effort to improve the health and quality of life of those afflicted with hip dysplasia.

The IHD 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?

When you visit hipdysplasia.org, you will enter a website developed for the sole purpose of answering your questions about hip dysplasia. A website developed so you can find in one place the answers you need. A website that is always changing to keep you updated with the most current information. Some examples are:

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

FACTS ABOUT HIP DYSPLASIA

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

LEARN MORE ABOUT US

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

For answers to your questions go to

hipdysplasia.org

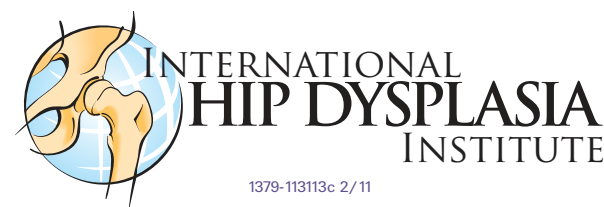
IHDI AFFILIATED SITES

- Adelaide, AUSTRALIA
- Toronto, CANADA
- Southampton, ENGLAND
- Mexico City, MEXICO
- Boston, UNITED STATES
- Orlando, 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. Children and families around the world appreciate your support. Thank you!!

HIP HEALTHY SWADDLING



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INTERNATIONAL
HIP DYSPLASIA
INSTITUTE

PROTECT YOUR BABY'S HIPS WHEN SWADDLING

Many parents find that swaddling can provide comfort to fussy babies, reduce crying, and develop more settled sleep patterns. While parents and babies may enjoy these benefits from swaddling, care must be taken to swaddle properly to ensure the baby's health and safety. Improper swaddling can lead to instability and dislocation of the hip, a condition known as hip dysplasia. Please visit hipdysplasia.org for more information on this condition.

To promote healthy hips, the baby should be wrapped so that the legs are able to bend up and out at the hips. This position allows for natural and proper development of the hip joints. Do not wrap the baby's legs straight or pressed together.

There are several methods of swaddling that can be used safely. The steps below provide one method for proper swaddling:

1. If using a square cloth, fold back one corner creating a straight edge.



2. Place the baby on the cloth so that the top of the fabric is at shoulder level. If using a rectangular cloth, the baby's shoulders will be placed at the top of the long side.



3. Bring the left arm down. Wrap cloth over the arm and chest. Tuck under the right side of the baby.



Bring the right arm down and wrap the cloth over the baby's arm and chest.



4. Tuck the cloth under the left side of the baby. The weight of the baby will hold the cloth firmly in place.



5. Twist or fold the bottom end of the cloth and tuck behind the baby, ensuring that both legs are bent up and out.



It is important to leave room for the legs to move.

Some parents choose to wrap their babies in garments specifically designed for swaddling instead of using a simple blanket or cloth. These swaddling garments should have a loose pouch or sack so the baby's legs and feet will have plenty of room for movement.



Photos courtesy of Halo Innovations, Inc.

The American Academy of Pediatrics recommends that soft bedding, and loose blankets or sheets should not be used because of the increased risk of suffocation. Sleep sacks that keep the baby warm and prevent covering the head are a recognized alternative that can reduce the risk of Sudden Infant Death Syndrome. When put down to sleep, a swaddled baby should be placed on his or her back, face up.

FOR MORE INFORMATION GO TO:
www.hipdysplasia.org