

Hip Dysplasia Information Cards

Print out the cards. Cut them apart along the solid black lines, fold in half along the dotted lines, and carry in your wallet or purse, to hand out as needed!

<p><i>Developmental Dysplasia of the Hip</i></p> <p>I have hip dysplasia, also called Developmental Dysplasia of the Hip (DDH). This means that one or both of my hips are deformed; the bones are the wrong shape, and this makes it hard for me to move and walk normally. This is a congenital condition, nothing that I've done has caused this deformity. The hip joint has deteriorated, and it has developed osteoarthritis as well as causing other problems.</p> <hr/> <p>I have to use walking aids to help me get around, and can only walk a limited distance. I have a lot of hip pain, and problems moving around in general. The only way to correct this condition is with major hip surgery.</p>	<p><i>Developmental Dysplasia of the Hip</i></p> <p>I have hip dysplasia, also called Developmental Dysplasia of the Hip (DDH). This means that one or both of my hips are deformed; the bones are the wrong shape, and this makes it hard for me to move and walk normally. This is a congenital condition, nothing that I've done has caused this deformity. The hip joint has deteriorated, and it has developed osteoarthritis as well as causing other problems.</p> <hr/> <p>I have to use walking aids to help me get around, and can only walk a limited distance. I have a lot of hip pain, and problems moving around in general. The only way to correct this condition is with major hip surgery.</p>
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