



# "Wrap me right" : Hip Healthy Swaddling to prevent Dysplasia.

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**Introduction:** Swaddling is a technique of wrapping the baby well in a comfortable piece of cloth. According the American Academy of Paediatrics , if the technique of swaddling is done correctly then it promotes good sleep and keeps the baby calm . This age old practice is still on highdemand.

## Objective:

The aim of the author is to present a theoretical concept paper to highlight the importance of swaddling the newborns in an appropriate way in order to prevent HIP DYSPLASIA.



**Incidences :** Though Hip Dysplasia (The condition where the hip joints are not aligned properly) is considered to be congenital, the emergence of developmental Hip Dysplasia has been attributed to the wrong way of tightly swaddling a baby as reported by the International Hip Dysplasia Society.

## Right Way of Swaddling a baby.

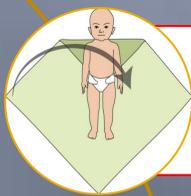
### Right Way .

Babies should maintain the flexed position with their legs bend and their should be enough space to move their legs when swaddled.

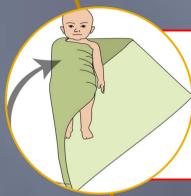


### Wrong Way

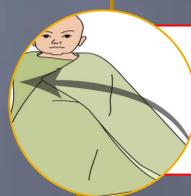
The legs of the babies should not be straighted and the wrap should not be fixed tightly.



A large square shaped soft cloth with a corner folded in to be used. The folded line comes in line with baby neck.



Baby's right arm goes tucked under the folded edge of the swaddle.



Using the other edge and wrap the left arm .



Pull the blanket at the bottom over the feet up and tuck at the chest. Just ensure that there is room for movement. Allowing movement helps in the natural development of hip joint. (Clarke , 2014)

**There are approved commercially available swaddles as an alternative to the traditional way of wrapping too.**

## Conclusion

Swaddling has been one form of universal child care. But the mothers need to be trained the appropriate technique as part of the new born care education package too to prevent complications.

## Traditional Straight Leg Swaddling.

Wang et al ( 2012) in a their experimental study done on newborn mice found that the traditional way of wrapping with legs straight leads to dysplasia.



### REFERENCES

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- Van Sleuwen, B. E., Engelberts, A. C., Boere-Boonekamp, M. M., Kuis, W., Schulpen, T. W., & L'Hoir, M. P. (2007). Swaddling: a systematic review. *Pediatrics*, 120(4), e1097-e1106.
- Pictures : Google Images, acknowledging owners of pictures.
- <https://www.arnoldpalmerhospital.com/blog/how-swaddling-your-baby-the-wrong-way-can-lead-to-hip-dysplasia>