



## HIP SPICA: Equipment List



**A guide to various equipment you may find useful whilst your child is in a hip spica cast *as recommended by other parents*. This list is not exhaustive, and Steps are not recommending or endorsing any products contained herein.**

## EQUIPMENT LIST: HIGHCHAIRS FOR BABIES AND TODDLERS

Your child may no longer fit in their usual high chair so you may need to find an alternative way of sitting them up whilst eating. The list of possibilities below is not exhaustive, but is to serve as a guide.



### Smirthwaite Hip Spica Chair

Specially designed for children in Hip Plasters.  
Can be bought or hired.

[www.smirthwaite.co.uk](http://www.smirthwaite.co.uk)



### Chicco Happy Snack Highchair

This seat has been used by a lot of our families and is usually suitable for Hip spica due to its wide fitting.



### Tripp Trapp Chair

Wooden highchair with adjustable seat depth and height and foot supports, grows with your child to around the age of 7.



### Svan Highchair

Wooden highchair, grows with your child, transforming from a baby highchair into a child's high seat.

## EQUIPMENT LIST: PORTABLE CHAIRS AND BEANBAGS



### Tot Seat

Suitable from 8 to 30 months. Can be taken out to restaurants etc – converts most dining chairs into a highchair. Machine washable and fits into a small travel pouch that can fit into a changing bag.

[www.totseat.com](http://www.totseat.com)

Alternative versions are available through high street retailers such as Boots.



### Doomoo Beanbag

Soft bean bag type seat can easily be 'moulded' into numerous positions which is good for babies and toddlers in a hip spica as there is an adjustable 3-point harness to secure them. Suitable from birth to 30kg

Also try high street retailers such as Dunelm.



### Black Suedette Bean Chair

Available from Dunelm, for older children in cast. Works well with 'Activity Table' (below).



### Smyths Activity Table

Seems to fit nicely over the cast of older children for eating and craft activities. Available from Smyths Toy Shops.



### RSPCA Dog Mattress - Large

Available from Argos, to use for older children to lie on their tummy with a bean bag lap tray for craft and homework activities.



### Folding Bed Tray

Helps while children are doing arts/crafts jig-saws etc whilst sat on beanbag.  
Available from Amazon and other outlets



### Padded Lap tray

Good for mealtimes but also for craft while lying on tummy on a bean bag.

## EQUIPMENT LIST: CLOTHING



### Pavlik Harness and Hip Spica clothes

Gift sets, rompers suits, baby grows, tops and trousers specially made to fit Pavlik harness and Hip Spica casts. Also sells Waterproof blankets and legwarmers  
Available from [www.hip-pose.co.uk](http://www.hip-pose.co.uk)



**Waterproof lap wraps** Waterproof lap wraps snugly fleece on one side and waterproof fabric on the other.  
Available from [www.hip-pose.co.uk](http://www.hip-pose.co.uk)



### Baby Sleeping Bags (Gro-bags)

Baby sleeping bags in a range of colours, designs and sizes. Buy a size bigger than the child is at present. Alternatives are available



### Baby leg warmers

Soft stretchy leg warmers for both boys and girls which keep baby's legs warm and stretch over the cast especially if you have a bar.

## OTHER CLOTHING TIPS:

- ❖ **Clothes for Girls:** Elasticated waist skirts are ideal especially if they are flared skirts as they fit over the cast – shorter ones are better once they start crawling in the cast as the skirts just hinder them. Also recommended are jersey dresses as they are stretchy enough to cover the cast.
- ❖ **Clothes for Boys:** Jogger pants in a bigger size are ideal for pulling up over the cast but depending on the bar on the cast may have to be cut up short or have poppers sewn into the inner leg.
- ❖ **Slipper socks** are great especially in winter as they stretch over the cast and stay on longer.

- ❖ **Long sleeved popper vests** are ideal whilst in cast (sizes bigger than normal)
- ❖ **Underwear** – for older children who are already toilet trained and object to going back into nappies boxer shorts in a bigger size seem to be the most popular. Boys boxer shorts in stretchy material are ideal. Some parents cut up the sides of girls' knickers and sew on Velcro or ribbons to tie at the sides.
- ❖ <https://www.kiehipwear.co.uk/> for bespoke DDH and Hip Spica accessories and clothes

## EQUIPMENT LIST: OTHER ITEMS YOU MAY FIND USEFUL



### Hippy Chick Child Hip Seat

For carrying a baby /young toddler on your hip. Suitable from 6 months



### Sheepskin Fleece

These are great for lining the children's beds/buggies etc – great at keeping them warm or cool, depending on the weather.



### Plastic Pelican Bib

Great for catching food and ensuring it does not disappear down the cast! Also, full plastic bibs which cover the cast completely are useful.



### Inflatable Hair Wash Basin

Great for washing your child's hair especially suitable for the older child. Available from [www.localmobility.co.uk](http://www.localmobility.co.uk) or from your local pharmacy



### Baby Shampoo Shields

The eye shield helps protect your child's eyes when washing hair.



### Low sided bedpan

For the older child in cast when it's difficult to get to the toilet. Available from most mobility shops but some hospitals do supply them.



### Whiz Freedom

You can also try the Lady Funnel from Beambridge Medical (you can sometimes get this on prescription from your doctor). Always consult with your medical team if you intend your child to stand while using this device.

**Plastic Bike Capes or large Cagoules** are excellent for covering buggies completely ensuring that the cast does not get wet in the rain – sometimes parents find that the rain cover that comes with the buggy will not stretch over the child while in cast

**Adult Waterproof Hiking Trousers** are excellent for protecting casts if you are out and about. Cut off at appropriate length and get poppers sewn into the inner leg.

## EQUIPMENT LIST: PRESCRIPTION ITEMS

Listed below are items which you may find useful that are available free on prescription

**Sleek Tape**      Leukoplast Sleek Strapping 2.5cm, for protecting rough cast edges

**Gamgee**          Gauze and Cotton Tissue BP 500g

**Cellona**          Lohmann & Rauscher Cellona Adhesive Cast Edge Padding

### **Movicol/ Lactulose**

Constipation treatment generally over 2's but doctor's will give to late diagnosis over 19 mths

### **DiproBase cream emollient**

Moisturising cream excellent for post spica dry skin

### **Dermol 500**

Lotion for post cast skin - is antimicrobial, moisturising, and reduces itching.

There are some deodorisers available which may help mask unpleasant odour smells common in hip spicas. Ask your local pharmacist for advice. **Do not** apply deodorant directly onto the skin and be very cautious about applying it to the plaster.

## EQUIPMENT LIST: PRAMS BUGGIES AND WHEELCHAIRS

Below are a few suggestions, there are many prams and pushchairs on the market that will accommodate a child in hip spica. The kind you choose will depend on the position of your child's cast.



### Nanu Stroller - Mothercare

Suitable from birth to a maximum weight of 15kg



### Mamas and Papas 3 Wheeler Sport

Suitable from birth to 15 KG



### Maclaren Triumph Stroller

Suitable from 3 months up to 15KG



### **Chunc Spica Cast Wheelchair**

For older children in cast. Can be hired direct from Chunc. Always check if your hospital can provide a suitable wheelchair before hiring or purchasing.

<http://www.chunc.com/wheelchairs/chunc-wheelchairs-spica.html>

## **DOUBLE BUGGIES**



### **Joie Aire Twin Pushchair Pink Blue**

Ideal for wider casts as there is no divider between the seats.

## **CAR SEATS AND TRAVEL SAFETY**



### **Britax 2 Way Elite**

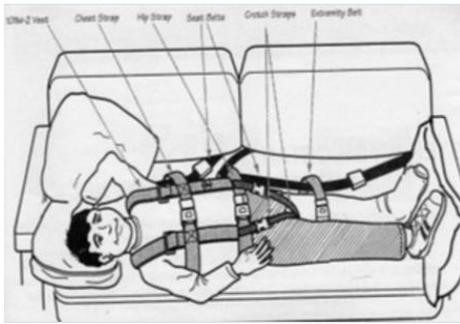
Steps offer a Grant for this car seat, See the Steps website or contact the office for more details.



### **Maxi Cosi Opal HD**

Maxi Cosi offer a spica cast service for this cast seat. See their website for further details.

<http://www.maxi-cosi.co.uk/gb-en/service/hip-safety-service.aspx>



## E-Z-On Harness

For older children in Spica cast

Available from In Car Safety

<http://incarsafetycentre.co.uk/product/e-z-on-harness-101m2/>

## EQUIPMENT LIST: SLEEPING ARRANGEMENTS



### Single Millie Bed in White with Trundle Extra Sleeper Bed 2 in 1

If, for practical reasons, you have been told your child needs a downstairs bed, this wide single with pull out 'sleeper' bed is ideal for staying close for comfort and toileting.

Available from Noa and Nani  
<https://www.noaandnani.co.uk>



### Ikea Day Bed/ Guest Bed

If you want a piece of furniture that can be used once your child has returned to their own bedroom, the Ikea range of Day beds with built-in guest beds are an option.