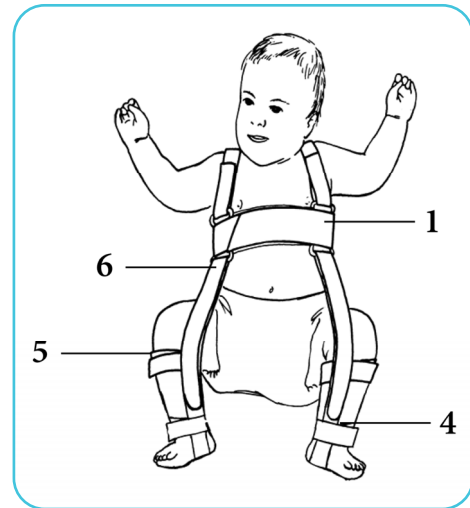
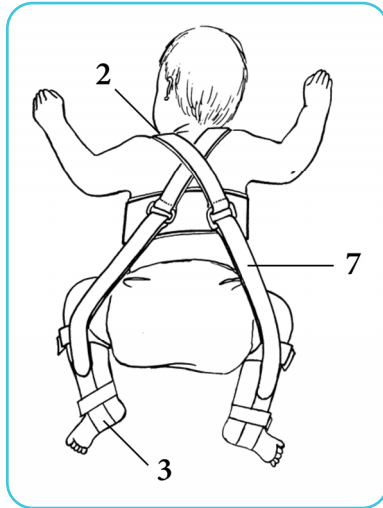


Pavlik Harness



How does the harness go on?

To put on the harness, your child should be lying on their back.

1. Put the chest strap (#1) at the nipple line. Fasten the Velcro strap in the front of the chest. You should be able to place two fingers under the chest strap.
2. Pull the shoulder straps (#2) over the top of each shoulder to the front of the chest. Pass them through the top-facing loops and fasten them.
3. Place each leg and foot into a stirrup (#3). The bottom straps (#4) should fasten above the ankle. The top straps (#5) should fasten just below the knee. You should be able to place one finger under each of the lower leg straps.
4. Bend your child's knees and hips by pulling on the inside straps (#6). Insert the straps through bottom loops and fasten them. This will keep your child's hips and knees bent (see picture.) You should bend the hips 90 to 100 degrees.
5. Roll your child onto their side.
6. Pass the outside straps (#7) through the loops on the back of the harness and fasten them. You should have 3 fingers between the knees.

How long should the harness be worn?

The harness should be worn for ____ hours each day.

To Learn More

- Orthotics and Prosthetics
206-386-6100
- Ask your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers
206-987-2280 (TTY)

What should be done for cleanliness?

For your child:

- Remove the harness before bathing your child.
- Put on a clean undershirt and socks after each bath and before putting on the harness again.

For the harness:

Machine-wash it on a gentle cycle with a mild soap. Tumble dry using low heat. Do not use any bleach.

For clothing:

- Plastic pants with snaps or Velcro worn over the diaper will make diaper changes easier.
- Clothing should be worn over the harness.

For diaper changes:

1. Undo both front leg straps, if necessary.
2. When the diaper has been changed, put the straps back on the way they were.