



HIP-A-MINUTE EXAMINATION

NORMAL HIP ABDUCTION IS MORE THAN 60 DEGREES ON BOTH SIDES. IF ABDUCTION IS RESTRICTED ON ONE OR BOTH SIDES THEN RULE OUT DDH

**BEND / FLEX BOTH KNEE WITH FEET RESTING ON BED AND SEE THE LEVEL OF KNEES. IF ONE SIDE APPEARS LOWER, RULE OUT DDH. (UNRELIABLE FOR BILATERAL DDH)
IT TAKES LESS THAN A MINUTE BUT SAVE A LIFETIME OF DISABILITY**