

Slings and springs

Reason for admission

The most common reason for a slings and springs admission is Perthes Disease. Perthes Disease is a disorder of the hip joint, usually occurring between three to 11 years. The goal of treatment is to keep the femoral head in the correct position. This is achieved with non-weight bearing activities including slings and springs.

About slings and springs

Designed to suspend both the legs above the bed allowing the affected leg to relax and move freely from side to side. The aim is to increase abduction (sideways movement) of the affected hip and position the femoral head adequately in the hip socket.

If hospitalised

Admission

The admission process is an opportunity to discuss your child's hospital stay and any special needs they may have while in hospital or for going home.

Visiting hours

The Cabrini Paediatric Ward does not have set visiting hours.

Discharge

Your child will be discharged when your doctor is happy with their progress and condition and you are confident with caring for them at home.

Please report to the reception desk in the foyer of the hospital before leaving to finalise any administrative paperwork.

Caring for your child while in slings and springs

Diet and fluids

Your child can eat and drink as desired while in the slings and springs.

Activity

Your child must remain in bed at all times with toilet and shower privileges only. While in the slings and springs, your child must:

- Swing their legs out to the side and then back to the midline
- Try not to slide over the side of the bed but stay in the middle
- Do not bend at the knees or hips

Slings need to be positioned at mid-thigh (not below the knee) and at the ankle (not the calf).

Hygiene

Shower and toilet privileges are allowed with minimal weight bearing on the affected hip as possible. Your child must then return to the slings and springs.

Discomfort

There can be some frustration when sitting in the slings and springs but it should not be an overly painful process. However, some medications can be provided for pain relief and to relax the muscles if recommended by the doctor.

Entertainment

Your child will be resting in bed at all times, so ensuring you have a selection of different activities (DVDs, board games, books, iPods, colouring/drawing etc.) will help to relieve the boredom.

Follow-up

Please contact your doctor's rooms to organise a follow-up appointment.

Questions

If you have any questions or concerns, please don't hesitate to contact the Ward using the phone number below.