Children with Perthes Disease may develop stiffness of the hip joint. It is important to maintain mobility, particularly the ability to move the legs wide apart. Slings and springs is a useful treatment for improving mobility.

If the child is admitted to hospital, they should remain in slings and springs for most of the day, as well as overnight. If slings and springs are prescribed for home use, they are generally required for overnight only.

**Slings and springs should be carefully supervised to ensure the treatment is effective.**

Position the upper slings just above the knees, and the lower slings at the ankles. Correct length of the springs is important. The legs should just skim the bed, with knees straight, allowing free movement of the hips. The width of slings and springs should encourage the legs to move as far apart as is comfortable for the child (Figure 1).

The child should be positioned in the middle of the bed, hip bones level (Figure 2). The child should lie flat or semi-flat, but can sit up for meals.

Encourage exercise in the slings and springs for at least five to ten minutes every hour or so during the day – gently swing legs wide apart and then together, increasing mobility as comfortable. As the child’s hip mobility improves, adjust the width of the slings and springs (as tolerated by the child).

While in hospital, one hour of tummy lying daily, (out of slings and springs) is also recommended (Figure 3).