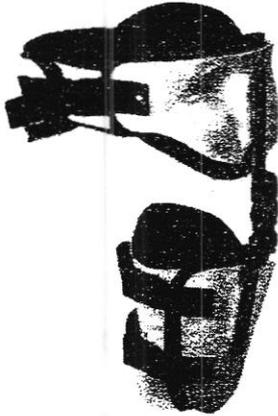


Hip Abduction Orthosis Wear and Care

Important Information:



1. A hip abduction orthosis is used to limit motion of the hip joint after dislocation or post-surgically. By limiting motion, the hip joint is optimally positioned to promote joint stability, thereby facilitating proper healing and preventing dislocation during the healing process. Therefore, if you feel the brace is restricting a particular motion, don't do it.
2. The pelvic band strap should be worn as tight as possible to prevent the brace from shifting up. It should be tight enough that it takes your breath away when you go to sit. The thigh cuff straps should be snug but not tight.
3. If the brace shifts up, you will need to lie down on your back, unbuckle the straps, shift the brace back down so it is in the proper position, and re-attach the straps. Some shifting is inevitable but if the brace shifts up a significant amount, the pelvic band strap is not tight enough.
4. When wearing your brace, you do not need to keep a pillow or foam block between your legs unless otherwise instructed by your physician.
5. Since your brace must be worn when ambulating or sitting, including when using the restroom, undergarments and clothing must be worn over the brace so as not to inhibit restroom usage.
6. Change the padding when soiled. We recommend removing one pad at a time and immediately replacing it with its match to prevent confusion. Used padding can be thrown in the washing machine and dryer with other laundry to be cleaned.
7. If any of the above information contradicts instructions given by your physician, follow your physician's instructions.
8. Do not hesitate to call the office if you have any questions or problems.

Applying /Donning Instructions:

1. While lying flat on your back, arch your lower back and slip the pelvic band underneath and around into place. Once in place, lower your back into the pelvic band and relax.
2. Slightly bend the knee of the affected side and slip the thigh cuff under and around the thigh. Straighten your leg and relax.
3. If needed, shift the brace up or down so it is in the proper position. The center of the pelvic band strap will be in line with your belly button.
4. Apply pelvic band and thigh cuff straps. As previously stated, the pelvic band strap should be tight enough that it takes your breath away when you go to sit. The thigh cuff straps should be snug.

Removing/Doffing Instructions:

1. While lying flat on your back, un-do all strap buckles.
2. Slightly bend the knee of the affected side and slip the thigh cuff off and to the side.
3. Arch your lower back and slip the pelvic band out and under.