



Hip Abduction Orthosis

A hip abduction orthosis is a brace worn to help hold the femur (thigh) in the hip

The device is molded and/or modified to fit your hip and leg.

Always follow specific instructions given to you by your doctor and practitioner.



What does it do?

Depending on your condition the brace may be designed to:

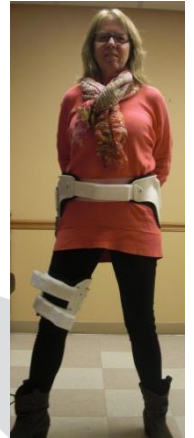
- Prevent excessive hip flexion or extension (forward and backward movement of the hip).
- Limit adduction (legs moving together). So, it holds your leg out to the side.

Wearing Instructions

Prior to wearing the brace, it is important to check the following things on the brace and your leg.

- Make sure the brace is clean and dry.
- Make sure there are no cracks, rough edges, or worn areas on the brace.
- Make sure the rivets and straps are secure on the brace.
- Make sure your skin is clean and dry.
- Examine your skin and look for abnormal redness, blisters, or sores on your hip, waist, or thigh at least 1 time a day.
- The brace should be worn 24hrs a day unless otherwise instructed.
- Wearing a cotton t-shirt under the brace will help prevent skin irritation and keep the brace clean.
- The brace is usually worn under loose-fitting clothes.
- Wearing your underwear over the brace will make toileting easier.

** If you find any areas of concern or have questions, contact your practitioner before wearing the brace.



Precautions

- Always check your skin after wearing your brace each and every time. Any areas of pink should fade away after 10-15 minutes. If marks do not disappear after 10-15 minutes, or if you observe deep red marks, blisters, or bruises, contact your practitioner immediately.
- The brace needs to be snugly fit, to restrict movement of the hip.
- The brace may need to be repositioned throughout the day.
- Keep the brace away from excessive heat.
- If you are instructed by the doctor to wear the brace while lying down, You must lie on your back. **DO NOT** lie on your side.
- Keep knees apart when sitting and standing. Your leg needs to be out to the side, not underneath your body.
- Due to the restricted movement, sitting in a chair with hips bent at 90-degrees will not be possible. A reclining chair or using pillows behind your back may be helpful.
- Avoid very low chairs. Use of an elevated toilet seat is recommended because of the limited hip motion.
- When standing up from a seated position, move slowly and lean towards the side not in the brace. Use the arms of the chair to assist you.
- Clean your brace by spraying the inside with Isopropyl Alcohol (rubbing alcohol) and wipe dry with a clean towel. It may also be cleaned by wiping it with anti-bacterial moist towelettes or by wiping it out with a damp towel and hypoallergenic soap and water. **Do not** immerse the device in water!
- The foam liners can be removed and washed by hand in warm water with hypoallergenic soap. It should be rinsed well and left to drip-dry thoroughly.



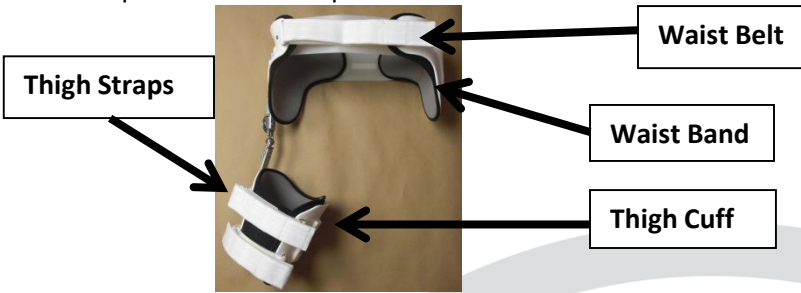
- Do not attempt to clean the brace using a washing machine or drying it the dryer.

Applying the brace to your leg.

(Instructions continued on back side)

Putting the brace on while lying down in bed.

- Open all of the straps on the brace.



- Slide the thigh cuff and waist band under your body from the affected (side with the problem) side towards the unaffected side.
 - Do this until the hip joint is in the middle of your side. The waist band should rest between your hip bones and your lowest ribs. The indentations on the brace should fit in your waist groove. The opening should be centered on your body. (Application may be made easier by sitting up *slightly* or if necessary, bend your opposite knee and arch your back to carefully elevate your torso.)



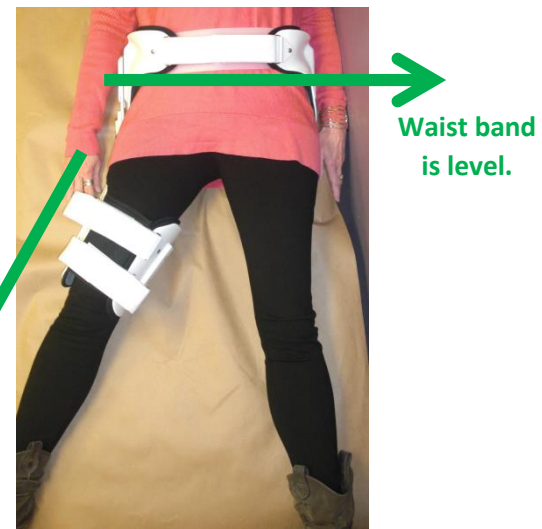
- Tighten the waist strap snugly.
- Fasten the straps around the thigh cuff, tightly.
- Check the positioning of your brace.
 - Make sure the longest part of thigh cuff is on the inside of your knee and not behind it.
 - Make sure the hinge/joint of your brace is lined up with your hip joint. It should run down the middle of the side of your leg.
 - The waist belt should be even on your hips.
 - The brace should bring your leg out to the side.
- Re-adjust the straps to make sure they are snug.

ATTENTION: If the waist band section of the brace is crooked and/or riding up toward your arms on one side, you NEED to move your leg out to the side. See the photo below.



Incorrect Position

Moving the leg out will level the waist band.



Correct Position