



Hip Abduction Orthosis Care and Use Guide

You have just received your new orthosis which has been prescribed to you by your physician to wear following your hip procedure. Please refer to the following instructions for the care and use of your brace.

Applying Your Orthosis (lying down unless physician has cleared you for standing):



- Wear an undershirt to improve comfort under the orthosis along with sweat pants or other elastic-waist garments which work best.
- Open all Velcro straps folding each strap over on itself; this will help prevent the straps from catching on other things.
- Slide waist (pelvic) section under your waist and pull it out the other side so that the plastic pieces on each side of your waist are located over your hips. Lift your thigh carefully into the thigh section.
- Feel for the hip joint of the orthosis so that it is along the middle of the side of your leg. Place the hip joint of the orthosis over your hip joint.
- Fasten the Velcro pelvic or waist strap securely around your waist.
- Fasten the thigh straps by coming to a half sitting position.
- Come to a sitting position at the side of the bed. Stand up. If the hip joint is not centered over your hip joint and the middle of the side of your leg, loosen all straps, readjust, and tighten straps again snugly.
- The thigh cuff will be longer on the inside of your knee to help keep you from crossing over the midline of your body. You should be able to bend your knee to 90 degrees without the plastic digging in behind your knee.

Removing Your Orthosis:

- Remove brace while in a standing position.
- Unfasten the thigh straps and fold the Velcro back on itself to keep it from catching on other things.
- Unfasten the waist strap and fold the Velcro back on itself.
- Slide the brace off on the side of the thigh section and the involved hip.
- Do not twist your body and follow all of your hip precautions.



Wearing Schedule:

- The orthosis should be worn 24 hours a day unless otherwise instructed by your physician.

Orthosis Care:

- Use alcohol spray and a clean cloth or a damp towel and mild soap to wipe down the inside of your orthosis. This will remove body oils and residue.
- Do not immerse the orthosis in water and keep it away from excessive heat.
- The foam liners can be removed if necessary for cleaning. This should only be done by hand in warm water and with mild soap, allowing pads to air dry. The orthosis should be cleaned the same way.
- Contact your orthotist if an extra set of liners is needed.

If at any time you have questions or concerns, please contact your orthotist.