

## Hip Flexion Assist Device Medical Professional Instructions

*Patient must remove the Hip Flexion Assist Device (HFAD) before any adjustments are made.*

### Belt Sizes

SIZE	WAIST CIRCUMFERENCE	
	Inches	Centimeters
Small	24 - 32	61 - 82
Medium	33 - 40	83 - 102
Large	41 - 48	103 - 122

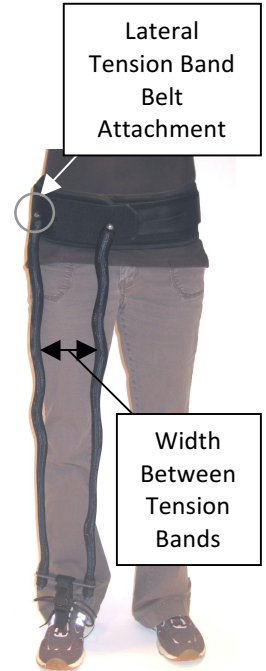
### Demo Belt Sizes

SIZE	WAIST CIRCUMFERENCE	
	Inches	Centimeters
Small/Medium	24 - 32	61 - 82
Medium/Large	33 - 40	83 - 102

### Adjusting the HFAD Lift Assembly Width:

The width between the tension bands can be adjusted to accommodate various leg widths. To adjust the width between the tension bands:

1. Apply the HFAD to the patient according to the Fitting Instructions.
2. Position the lift assembly so that the medial band runs along the inner side of the leg.
3. Observe the positioning of the lateral tension band – it should run along the outer side of the leg. If it is not positioned correctly, mark the desired location of the lateral tension band belt attachment on the belt.
4. Remove the HFAD from the patient.
5. Use a Philips screwdriver to remove the screw on the lateral tension band belt attachment.
6. Remove the lateral tension band belt attachment from the bushing.
7. Near the belt attachment holes, separate the neoprene belt liner from the belt.
8. Remove the bushing from the underside of the belt.
9. Reinsert the bushing into the attachment hole nearest the marked location on the belt.
10. Place the lateral tension band belt attachment back onto the bushing.
11. Insert the screw into the bushing and tighten.
12. Reattach the neoprene belt liner to the belt.



### Adjusting the *Bilateral* HFAD Lift Assembly Width:

The width between the tension bands can be adjusted to accommodate various leg widths. To adjust the width between the tension bands on the Bilateral HFAD:

1. Apply the HFAD, with the single lift assembly, to the patient according to the Fitting Instructions.
2. Position the single lift assembly so that the medial band runs along the inner side of one leg.
3. Observe the positioning of the lateral tension band – it should run along the outer side of the leg. If it is not positioned correctly, mark the desired location of the lateral tension band carrier strap on the belt.
4. Remove the HFAD from the patient.
5. Use a Philips screwdriver to remove the screw, tension band, and bushing from the lateral tension band carrier strap. Unfold the carrier strap.
6. Near the carrier strap, separate the neoprene belt liner from the belt and remove the carrier strap.



- Reinsert the carrier strap between the belt and the neoprene belt liner, at the marked location. The Velcro loop side of the carrier strap should attach to the Velcro hook on the inside of the belt, and the Velcro hook side of the carrier strap should attach to the neoprene belt liner. The short end of the carrier strap should be on the bottom of the belt.
- Fold the short end of the carrier strap onto the front of the belt.

- Insert a bushing into the hole in the short end of the carrier strap so that the base of the bushing rests against the outside of the belt.



- Fold the long end of the carrier strap down on top of the short end so that the bushing also fits through the hole in the long end of the carrier strap.



- Place the tension band belt attachment onto the bushing.



- Insert the screw into the bushing and tighten.



- Reattach the neoprene belt liner to the belt.

### Assembling the Bilateral HFAD:

Upon receiving a bilateral HFAD, the second lift assembly will need to be attached to the belt. The width of the single lift assembly should be adjusted to accommodate the leg width of the patient prior to attaching the second lift assembly.

- Apply the HFAD, with the single lift assembly, to the patient according to the Fitting Instructions.
- Position the lift assembly so that the tension bands run on the outer and inner sides of one leg.
- Mark the desired locations of the second lift assembly attachment points on the belt.
- Remove the HFAD from the patient.
- Use a Philips screwdriver to remove the screws, tension bands, and bushings from the second lift assembly carrier straps. Unfold the carrier straps.
- Near the marked locations on the belt, separate the neoprene belt liner from the belt.
- Insert the carrier straps between the belt and the neoprene belt liner, at the desired locations. The Velcro loop side of the carrier straps should attach to the Velcro hook on the inside of the belt, and the Velcro hook side of the carrier straps should attach to the neoprene belt liner. The short end of the carrier straps should be on the bottom of the belt.
- Refer to Steps 8 – 13 above for details about how to attach the carrier straps to the belt.



### Popliteal Strap:

The popliteal strap is an optional item that attaches to the inner and outer tension bands and rests directly behind the knee (see figures to right). Once attached to the bands, it functions by changing the angle of pull of the device on the knee, which helps to initiate more knee flexion during the swing phase of gait. It can also help to reduce hyperextension of the knee. It is particularly helpful when a patient has stiffness in the leg due to extensor spasticity, a condition that can make it more difficult to bend the knee on their own.

