

Hip Flexion Assist Device User Instructions

The Hip Flexion Assist Device (HFAD) must be fitted and adjusted by a physical therapist or orthotist before use. The Hip Flexion Assist Device must be removed when driving or operating machinery.

Wear Schedule:

During the first week, the HFAD should not be worn for more than one hour at a time and for no more than two hours total each day. After the first week, wear time may gradually be increased, provided that no complications develop (pain, skin irritation, etc.). If any complications with the HFAD develop, device use should be discontinued immediately and the problem should be reported to the orthotist, physical therapist, or physician who issued the HFAD.

Applying the HFAD:

This should be carried out while **seated**. Shoes that lace up must be worn. If an ankle foot orthosis (AFO) is currently used, AFO wear should be continued as normal.

1. Attach the shoe strap. Insert the strap under the top four laces of the shoe. The pronged end of the buckle should be near the toes. Tie and double-knot shoelaces to secure.



2. Apply the waist belt. The belt should ride just above the pelvis, and the tension bands should run on the inner and outer sides of the weaker leg. Pull the waist belt snugly and Velcro it in place. The hand loop may be used to facilitate tightening.



3. Attach the Velcro on the shoe strap to the top of the tension band base.



4. Fasten the buckle.



NOTE: Buckle to be vertically oriented as shown below.



Removing the HFAD:

1. Unfasten the buckle and detach the Velcro from the tension band base.
2. Remove the waist belt.

Reverse these steps to reapply the HFAD. While seated, the buckle may be detached to relieve tension.



Adjusting the HFAD:

All adjustments to the HFAD must be carried out while *seated*.

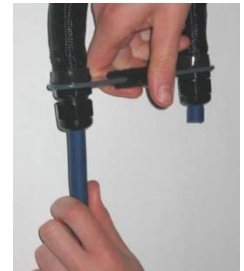
To increase hip flexion assistance, pull the shoe strap buckle adjustment strap. To decrease hip flexion assistance, loosen the adjustment strap. (See figure to right.)

If additional range is required that is not available from the adjustment strap, the stretch tubing may be lengthened or shortened. Before adjusting the stretch tubing length, *unfasten the buckle and detach the Velcro from the tension band base*.

1. Loosen the nut on the bottom of the tension band base. Wiggle the tubing to loosen the gripping surfaces.



2. To *increase* hip flexion assistance, *pull* the visible piece of stretch tubing further out of the base, to make it longer. To *decrease* hip flexion assistance, *push* the visible piece of stretch tubing further into the base, to make it shorter.



3. Once both sections of stretch tubing are at the desired position, tighten the nuts to lock them in this position. NOTE: Make sure that the nuts are sufficiently tightened. Use the included tool to facilitate tightening.

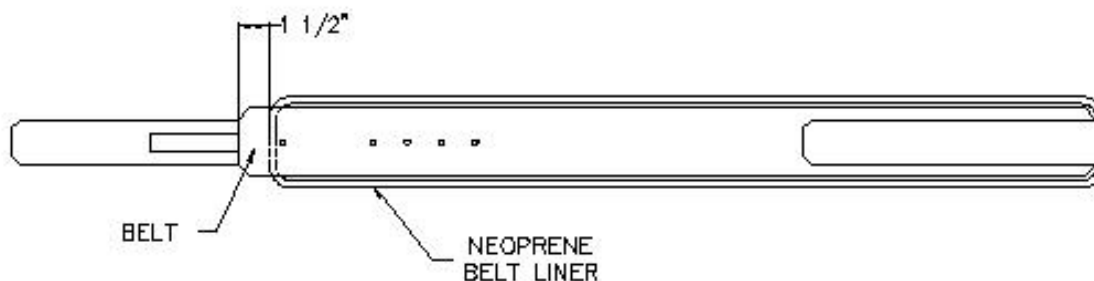
Popliteal Strap:

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). It helps to initiate more knee bend (flexion) when stepping forward. It can also help to reduce hyperextension of the knee.



Care Instructions:

Keep Velcro surfaces clean of lint. When needed, the neoprene belt liner may be removed from the device and hand washed with cold water and mild detergent, and air dried. When reassembling the neoprene liner to the belt, align the neoprene as shown in the figure below.



Complications:

If any complications with the HFAD develop, device use should be discontinued immediately and the problem should be reported to the orthotist, physical therapist, or physician who issued the HFAD.