



Assembling the Bilateral HFAD

Hip Flexion Assist Device (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.

1. Apply the HFAD, with the single lift assembly, to the patient according to the Fitting Instructions.
2. Position the lift assembly so that the tension bands run on the outer and inner sides of one leg.
3. Mark the desired locations of the second lift assembly attachment points on the belt.
4. Remove the HFAD from the patient.
5. Use a Philips screwdriver to remove the screws, tension bands, and bushings from the second lift assembly carrier straps. Unfold the carrier straps.
6. Near the marked locations on the belt, separate the neoprene belt liner from the belt.
7. 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.
8. 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.

