

Fitting Instructions

LERMAN HARO 2000™

MODEL 145

- Select the size of the unit based on the waist circumference:

Small	28" - 32"
Medium	34" - 38"
Large	40" - 44"
X-Large	46" - 50"
Plus Size	52" - 56"

- Before donning, set the amount of hip abduction using the included 1/8" hex key (*Figure 1*).
- Use the included 9/64" hex key to set the flexion/extension limits (*Figure 1*).
- Be sure to COMPLETELY tighten these screws when done.

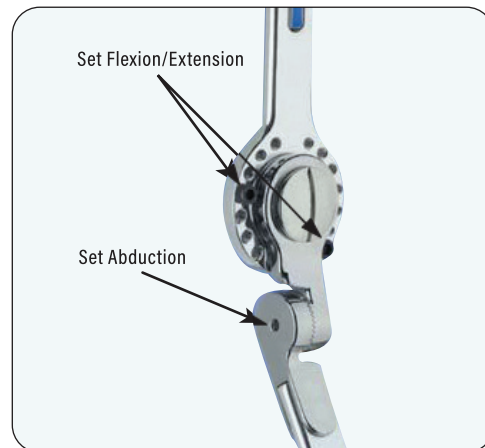


Figure 1

Donning the LERMAN HARO 2000™

- With the patient lying in bed, place the patient's thigh into the thigh cuff. When fitting the thigh cuff, care must be taken to avoid interference with knee flexion.
- Slide the posterior liner beneath the patient's back. The upper margin of the anterior band should be even with the superior iliac crest. Secure the pelvic band with the hook and loop straps (*Figure 2*).
- Align hip joint at height of trochanter in a neutral sagittal plane alignment.

(continued on next page)



Figure 2

(continued)

- Confirm abduction angle of hip joint once donned and adjust as needed.
- With the orthosis on the patient, the hip joint can be aligned in the transverse plane. To do this, loosen the attachment screws on the pelvic and thigh sections, then internally or externally rotate the joint until it follows the line of progression. Tighten the screws to maintain desired position. Additional rotational adjustments can be made later if necessary (Figure 3).

Care Instructions

- Instruct the patient and/or caregiver on how to doff the HARO. For maximum holding power, emphasize that they keep lint, loose strings, and other material out of the hook.
- When soiled, the moisture-wicking liners can be hand-washed with mild soap and air-dried.
- If the non-toxic, latex-free adhesion bands lose their ability to grip, they can be washed with soapy water, rinsed, and allowed to air-dry before using.



Figure 3

General Use and Care Precautions

The use of orthoses should be supervised by a qualified and certified orthotist, or orthotic fitter. Failure to correctly fit the orthosis and educate the patient and/or patient's care giver regarding proper adjustment, positioning and monitoring procedures could result in discomfort, or skin irritation due to the highly supportive and restrictive nature of these medical devices. Any pads fit to device should always remain in place except when briefly removed for cleaning. Removal of the pads of an orthotic device can result in skin irritation or breakdown. Do not wear the orthosis without padding.

- Appropriate positioning of the orthosis on the patient can help to reduce focal pressure and the risk of irritation. Consult your orthotist on proper positioning and use of the orthosis.
- The patient's skin should be regularly and routinely inspected for signs of irritation. Signs of excessive focal pressure will present as skin redness lasting longer than 30 minutes after repositioning.
- If signs of irritation, or excessive focal pressure should occur, contact a qualified orthotist, or orthotic fitter for evaluation.