

## Care and Use Instructions: **Hip Abduction Orthosis**



1. This orthosis is designed to hold the affected hip in a stable position until healing occurs. This is done by limiting the motion as determined by your physician.
2. This orthosis is designed to be worn next to your skin to prevent rotation of the orthosis on your body. The liners are removable and can be hand-washed with mild soap, rinsed, and air-dried.
3. Although the orthosis will limit the motion of the hip, it is still possible to overpower the limitations of the orthosis. Because of this, use the orthosis as a reminder to limit your motion when you feel resistance caused by the device.
4. It is important to “cooperate” with the orthosis and not to work against the positions which it helps to maintain. Do not forcefully “override” the system, i.e. avoid crossing legs, avoid walking with feet close together, and avoid leaning forward when seated.

### **WEARING GUIDELINES**

1. The orthosis is easily donned (put on) lying in bed. Place the front/waist section around your belly while placing your leg in the thigh section. To determine appropriate height of the orthosis, you should be able to bend your knee without impingement on the back of your knee from the orthosis.
2. The metal hip joint should be along your side, i.e. not in front or behind. Once positioned correctly, pull the waist strap behind your back, through the buckle and fasten the velcro strap back onto itself. Then fasten both thigh straps by inserting the buckle into the fastener. All straps should be as tight as tolerable to prevent slipping of the orthosis. If the orthosis slips, lay back down, loosen straps, reposition orthosis, and retighten straps.
3. The orthosis should be worn at all times unless specified by the attending physician.
4. If you have any questions or problems, please do not hesitate to call your physician or orthotist.