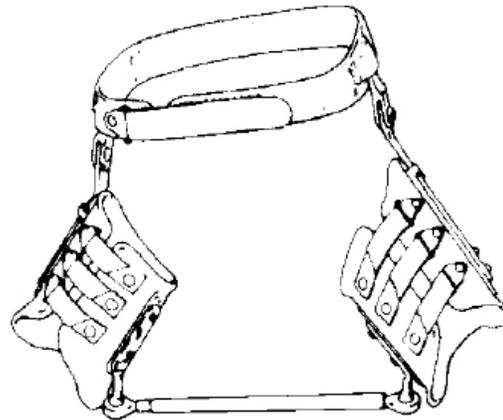


Scottish Rite Hip Orthosis

Care and Use Instructions

1. Hip Orthoses, such as the Scottish Rite Orthosis (pictured) and similar types are designed to control your thigh and hip region. This orthosis helps the thighs and pelvis, then selectively allows certain motions.
2. The orthosis is usually worn over your clothes. It is recommended to wear an undergarment under the orthosis and a thigh-high stocking or piece of stockinet on the limb(s). Undergarments provide a barrier between the skin and the orthosis as well as helping absorb perspiration.



Scottish Rite Orthosis

WEARING GUIDELINES & PRECAUTIONS

1. The orthosis should be worn as snug as possible. It will also keep the orthosis from shifting on the body. Remember “Tight is Right” as a general rule of thumb in wearing this orthosis.
2. Follow your orthotists recommended wearing schedule. There may need to be a “break in” period when starting to wear this orthosis. We want the person to slowly get used to the new forces placed on their body.
3. It is important that the patient “cooperate” with the orthosis and not work against the positions which it helps to maintain. Avoid forcefully “overriding” the system, i.e. avoid crossing legs, avoid walking with feet close together, and avoid leaning forward when seated.
4. It is possible to continue a high level of activity, such as riding bicycles, however some things may need to be modified, such as boys needing to ride a girl’s bike.



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SKIN CARE

It is very important to PREVENT SKIN BREAKDOWN (sore, red, raw skin). The skin under the orthosis needs to be toughened up, especially where the orthosis presses the hardest.

To Protect the Skin:

1. Bathe daily (bath or shower)
2. Apply rubbing alcohol with your hands to all parts of the skin that the orthosis covers, especially the areas where the skin is pink, and the areas where the orthosis presses. Simply rub the alcohol into the skin. The alcohol plus the friction between your hand and body toughens the skin.
3. The skin will need frequent observing when the orthosis is first used (look for pink areas).
4. Initially, DO NOT USE CREAMS, LOTIONS OR POWDER under the orthosis. When dry skin occurs, call your health practitioner.
5. If you wear the orthosis loosely, it will move around and cause more skin problems by rubbing. WEAR YOUR ORTHOSIS AS TIGHTLY AS POSSIBLE.
6. If there is skin breakdown (sore, red, raw skin) the orthosis must not be worn until the skin heals - one day or more. If this happens, call your orthotist. The problem may be solved over the phone. Sometimes the skin over the waist and hips gets darker. That is common and is not a problem. When the orthosis treatment is over, this color will go away.

IMPORTANT NOTE: Good skin care requires orthosis washing each day.

7. The orthosis can be cleaned with soap and water.
8. If there are any questions please don't hesitate to call and discuss the situation with your orthotist.

NOTE: Weight gain or loss may possibly change the design and manufacture of the orthosis/prosthesis delivered. Please contact the practitioner if this occurs to prevent potential injury.



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