

## Putting on Your Hip Abduction Brace

1. If your doctor allows you to sleep without the brace, apply the brace in bed as follows: Do not get in or out of bed without the brace. Open all straps on brace; apply on the side of involved hip by inserting tongue of thigh cuff and waist band under waist and thigh; continue in this manner until hip joint is in the middle of your side.
2. If your doctor allows you to remove brace for personal hygiene, re-apply the brace on *while in a standing position*.
3. Place the pelvic section at your waist just above your hip bones and below your ribs, with the opening centered with the middle of your body. (See Fig. 2.) Then tighten the waist strap *until snug*. (It may help to face a mirror.)
4. Next slide the thigh cuff around your leg and tighten the Velcro straps. (See Fig. 3.)
5. The thigh cuff must be placed with the longest part on the inside of the knee allowing the knee to bend fully and comfortably. *Do not place the longest part of the thigh section behind the knee, blocking the knee from bending.* (See Fig. 4 for incorrect position.)
6. Align the hinge of the brace with your hip joint. The hip joint of the brace must be on the middle of your side with the joint of the brace lining up with your hip joint. (See Fig. 5 for correct position and Fig. 6 for incorrect position.)
7. Retighten the waist strap until snug and tighten the thigh strap until snug. All Velcro straps should be snug, not tight. Tight indicates discomfort. If the brace is too loose, it will move on your body, allowing too much movement and a possible dislocation. For fleshier patients the straps should be tighter.
8. The brace may have to be repositioned during the day or with increased activity.
9. Your therapist will instruct you on proper sitting and standing techniques.
10. When lying down the waist strap may need to be tightened to accommodate a change in body shape as you stretch out.



Fig. 2.



Fig. 3.

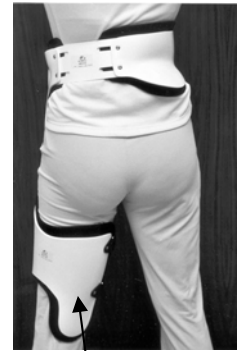


Fig. 4. Incorrect position (longest part should be on inside of knee)

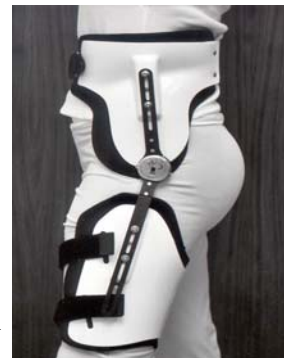


Fig. 5. Correct position.



Fig. 6. Incorrect position (too far forward)

## Removing the Hip Abduction Brace

1. Remove the brace *while in a standing position*.
2. Unfasten the thigh straps and fold the Velcro back on itself to keep it from catching on bed clothes or picking up lint.
3. Unfasten the waist strap and fold the Velcro back on itself.
4. Slide the brace off on the side of the thigh section and the involved hip. (See Fig. 7.)
5. Do not twist your body and follow all of your hip precautions.



Fig. 7.

## Important Information

- These instructions should be reviewed with your doctor.
- Wear the Hip Abduction Brace at all times, even at night if the doctor instructs you to, for as long as the doctor requires. You may well be wearing the hip brace for 23 hours a day. It may be removed for up to one hour for dressing and hygiene. The skin should be inspected daily, when the brace is removed.
- Wear a cotton T-shirt under the brace to prevent skin irritation. The brace is to be worn under your clothes. Put your underpants on over the brace for ease in toileting.
- Remove the Hip Abduction Brace only to wash underneath the brace or to change your T-shirt. Assistance from a family member may be needed to remove the brace safely.
- If your brace is rubbing against your skin and causing redness, which does not disappear in 15-30 minutes, call your orthotist to adjust the brace for increased comfort. Also, your brace may need to be adjusted if you lose or gain weight.
- While you are wearing the Hip Abduction Brace you will not be able to move in the same way you are accustomed to moving. Keep knees apart when sitting down. When standing or walking, your leg must be kept out to the side, not underneath your body. (See Fig. 8.)
- It is very important to follow all of your hip precautions, as described by your physical therapist, especially when not wearing the Hip Abduction Brace.
- Sitting at 90 degrees in a chair may be difficult or not possible if the joint prohibits this range. It may be more comfortable to sit in a reclining chair or use pillows behind your back so you may recline in a regular chair. (See Fig. 9.)
- Also avoid chairs/sofas/toilets that are low to the ground. They may be difficult to get up from without breaking your hip precautions.
- When getting up from a sitting position, move slowly, lean only towards the unaffected hip (**NOT THE BRACE LEG**), and use arms on chair to assist you in getting up.
- When getting in or out of bed, always lead with the affected hip (**BRACE SIDE**).
- After you have been discharged from the hospital and are at home, please call our office at 773-878-2445 for a follow-up appointment.
- Your occupational or physical therapist might suggest an elevated toilet seat for your bathroom.
- The cost of your Hip Abduction Brace will be added to your hospital bill or will be billed to your insurance.



Fig. 8

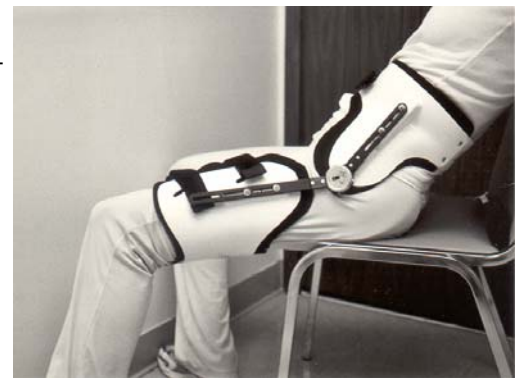


Fig. 9.

## Cleaning and Maintenance

Use a damp cloth with anti-bacterial soap to periodically clean all surfaces of the Hip Abduction Brace. Rinse thoroughly. Use rubbing alcohol with a towel to further destroy bacteria, thoroughly dry brace, and remove any soap residue that may cause skin irritation. After cleaning the orthosis, use a dry towel to remove any extra moisture from the brace.

The liners of the brace can also be removed and hand washed with warm water and anti-bacterial soap. Rinse well with water and hang to air dry. You may need an extra set of liners to use while one set is drying. Do not place liners in the dryer; they may be destroyed by the excess heat.