

AlliedOP, Inc.

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North Brunswick ♦ Northfield ♦ Flemington ♦ Sewell ♦  
Pennsylvania—Elkins Park ♦ East Stroudsburg ♦ Bethlehem  
(800) 848-8866

## Guidelines For Wearing And Caring For Your Hip Abduction Orthosis

### General Information

Your hip abduction orthosis is a brace that is typically used following a revision of a hip replacement or after a hip dislocation. It is used to help prevent excess flexion or extension (forward and backwards motion) of the hip and limit its adduction (it keeps the legs from moving together). The brace holds the femur (thigh) in the hip socket, allowing for proper healing to take place.

### Wear Time

The following wear and care guidelines will help you be as comfortable as possible during this time

Unless otherwise instructed by your doctor or orthotist you are to wear this hip abduction brace full time, 24 hours a day. The orthosis should only be opened once a day for hygiene purposes.

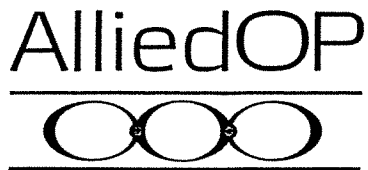
### Application

*Always ask for assistance if you have trouble with any of the following steps.*

#### **Putting the brace on while lying down:**

1. Open all the straps on the brace
2. Apply on the side of the involved hip by inserting the tongue of the thigh cuff and waistband under waist and thigh; continue in the manner until the hip joint is in the middle of your side and the waist belt is centered.
3. The location of the waistband should be positioned in the space between the ribcage and the top of the hip (iliac crest); the indentations in the waistband should fall in this waist groove.
4. Application can be easier by sitting up *slightly* or if necessary, bend the opposite knee and arch the back to carefully elevate the torso.
5. The Velcro at the waist should be pulled tightly and secured. Once the pelvic section is secured, the affected leg should be brought outward to match the thigh cuff and the cuff secured around the leg by fastening the straps and buckles.





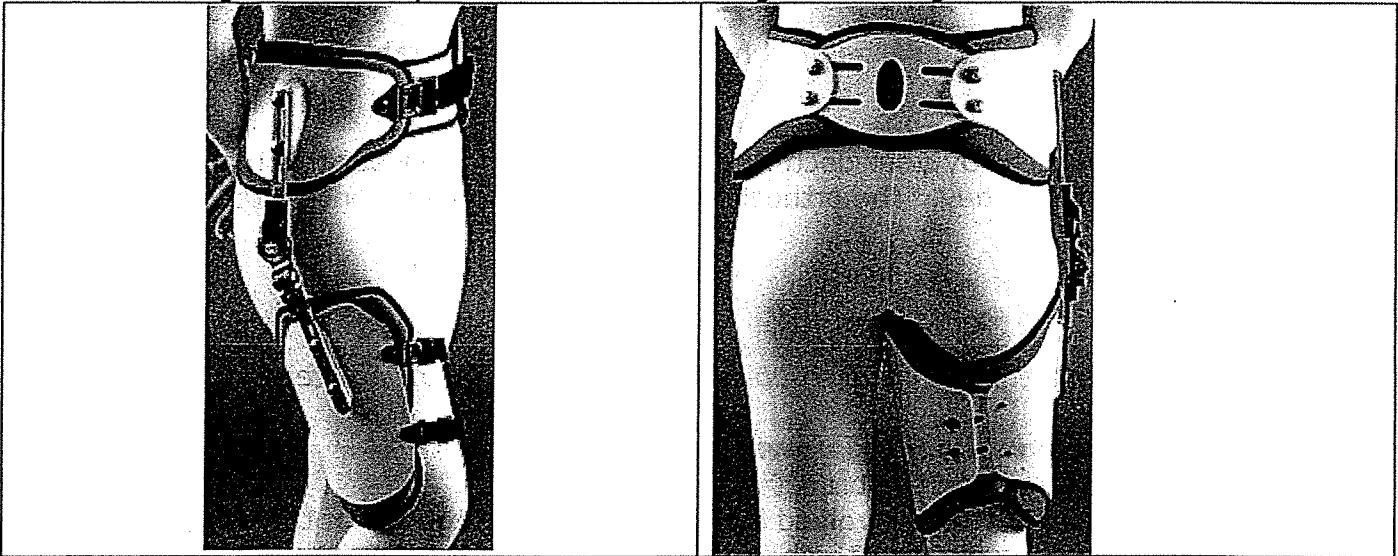
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**Putting the brace on while standing down:**

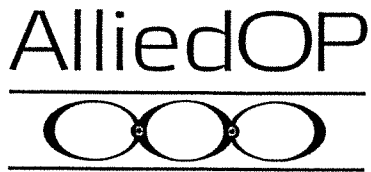
*Only apply the brace while standing if your physician has allowed you to do so*

1. Place the waistband around your waist so that the waist indentations on the brace fall between the ribcage and the top of the hip (iliac crests) and so the opening is centered in the middle of the body.
2. Tighten the waist strap until snug (it may help to face a mirror).
3. Slide the thigh cuff around the leg and tighten the Velcro straps. The thigh cuff must be placed with the longest part on the inside of the knee allowing the knee to bend fully and comfortably.
4. Re-tighten all straps on the waist and thigh until snug.



**Important information and Troubleshooting:**

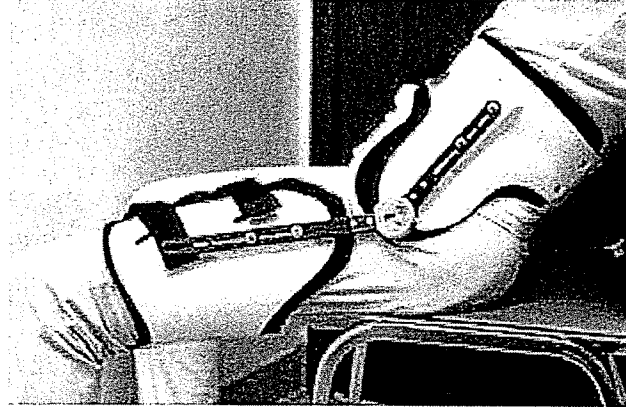
1. If the brace is too loose, it will move on your body, allowing too much movement and a possible dislocation. For fleshier patient, the straps should be even tighter.
2. The brace may need to be repositioned throughout the day.
3. When lying down, the waist strap may need to be tightened to accommodate change in body shape as you stretch out.
4. Wearing a cotton fabric under the brace will prevent skin irritation and keep the brace clean. The brace is usually worn under loose-fitting clothes, putting your underwear on over the brace will make toileting easier.
5. While wearing the hip abduction orthosis, you will not be able to move in the same way you are accustomed to moving. Keep knees apart when sitting down, and when standing. Your leg must be kept out to the side, to underneath your body.



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6. Sitting upright at 90° will be difficult if not impossible; the limits in the *range of motion* in the joint will usually not allow this position. A reclining chair or using pillows behind your back may be helpful.
7. Avoid very low chairs; they will be difficult to get up from without excessive flexing the hip. Use of an elevated toilet seat is recommended.
8. When getting up from a sitting position, move slowly, lean only towards the unaffected hip (Not the leg with the thigh cuff), and use your arms on the sides of the chair to assist you.



### **Cleaning and Maintenance:**

1. One way to clean the brace is to spray the inside with rubbing alcohol and wipe dry to remove body oils and residue. The brace can also be cleaned by wiping it out with a damp towel and anti-bacterial soap or anti-bacterial moist towelettes.
2. Do not immerse the brace in water, as this will harm the straps and fasteners. Keep the brace away from excessive heat to prevent damage to the plastic and foam liners. Do not attempt to clean the brace in a washing machine or drying the brace in the dryer.
3. The foam liners can be removed if necessary for cleaning. This should only be done by hand, in warm water and mild detergent. The brace should be rinsed well and drip-dry.
4. Please contact your Orthotist if an extra set of liners is needed.