

HIP ABDUCTION ORTHOSIS USE AND CARE INFORMATION

The Hip Abduction Orthosis is an effective treatment for potential or existing problems following total hip replacement. It may also be used for non-operative treatment of hip disorders and to encourage compliance with post-op instructions.

DONNING THE ORTHOSIS

It is very important to apply the Hip Abduction Orthosis properly. Improper application may result in re-injury. An undershirt may be worn under the orthosis to improve comfort. All other clothing should be worn over the orthosis.

1. Open all Velcro straps.
2. Slide the waist section {A} under the patient's waist and pull it out the other side so that the plastic pieces on each side of waist are the same distance around. Lift leg carefully into the thigh section, always keeping the hip abducted.
3. Feel for the space between the iliac crest and the ribs on the side of the patient. The waist groove {B} on the waist section {A} is placed in this groove. Always keep the waist section positioned in this location.
4. Position the orthosis so the hip joint {C} is over the trochanter and the bar {D} runs down the middle of the outside of the leg.
5. Fasten the Velcro waist strap {E} between tight waist sections.
6. Fasten the Velcro thigh straps. {F}
7. Loosen, readjust and tighten the straps again if this alignment changes during the initial application.
8. Call with all questions.

