



Orthotic & Prosthetic

SPECIALTIES INC.

HIP ABDUCTION ORTHOSIS

USE AND CARE INSTRUCTIONS

HOW TO USE YOUR HIP ABDUCTION ORTHOSIS

- This orthosis device is designed to provide extra support to the hip joint. It may be used post-op or non-operatively when there are potential or existing hip disorders.
- The purpose of the device is to keep the leg abducted or away from the center of the body (this keeps the head of the femur in the hip socket). The device will be able to flex and extend your hip joint.
- Your hip abduction brace must be worn properly to provide support and keep your hip joint in position.
 - ⊛ Make sure the indentations on the pelvic section are just above the crests of the hip.
 - ⊛ Make sure the hip joint of the brace is lined up with your trochanter (your hip joint) and is in mid-line or center of your leg.
 - ⊛ Tighten the straps to the markings
- If possible wear a T-shirt under the pelvic section.

HOW TO CARE FOR YOUR HIP ABDUCTION ORTHOSIS

- In case of soiling, the pad may be removed and laundered in a washing machine with mild soap.

IMPORTANT NOTES ABOUT YOUR HIP ABDUCTION ORTHOSIS

A Hip Abduction orthosis is a very specialized device. It is **VERY** important to keep all follow-up appointments made by your orthotist. Schedule an appointment at our office if any unexpected problems occur.