



Orthotic & Prosthetic

SPECIALTIES INC.

PEDIATRIC HIP ABDUCTION ORTHOSIS

USE AND CARE INSTRUCTIONS

A Pediatric Hip Abduction Orthosis is a specialized device used in positioning your child's hip joints. It is used to hold your child's hips abducted (legs going to the sides) and flexed (sitting posture) to keep the hip joint more stable and protected.

HOW TO USE YOUR HIP ABDUCTION ORTHOSIS

- Wear the Hip Abduction Orthosis (Hip brace) over the diaper. It can be worn over your child's other clothing also and it may be easier to do this.
- The Hip brace should be worn in accordance to your physician's directions.
- Putting the Hip Abduction brace on: loosen the 3 velcro straps on the brace (one at the waist and one over each thigh); place your child on a safe flat surface on their back; lift your child's bottom up, as in changing a diaper, and slide the hip brace up under their back until the brace is up against the diaper; gently flex and abduct your child's legs (one at a time) and position them into the thigh cuffs of the brace; then fasten the velcro thigh straps and the velcro waist strap. There is normally some gapping of the thigh cuffs.
- It is VERY important to check your child's skin for any indications of excess pressure from the brace. When the brace is removed, examine the skin. If there are pink areas of skin that do not fade in 20 minutes contact your orthotist. If you are not allowed to remove the orthosis for that amount of time but believe there is a problem with a sore developing, please contact your orthotist.
- Do not become discouraged if you feel an adjustment is needed. A minor adjustment might be needed to ensure a good fit. Call your Orthotist to discuss this.

HOW TO CARE FOR YOUR PEDIATRIC HIP ABDUCTION ORTHOSIS

- The inside, foam lining, of the orthosis should be wiped down daily with rubbing alcohol on a cotton ball or soft cloth. Allow the rubbing alcohol to evaporate before putting the brace back on your child. If the inside or outside of the orthosis becomes soiled it can be cleaned with mild soap and water. Be sure to rinse all soap residues from the brace. Pat excess moisture off with a towel and allow to finish drying by air if possible. If there is no time for air drying do as much as you can with the towel.

Schedule an appointment at our office if any problems with your Hip Abduction Orthosis occur.