

Aljan Co.

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HIP ABDUCTION ORTHOSIS

ABOUT YOUR HIP BRACE

1. The primary functions of your brace are to:
 - Prevent adduction. Avoid bringing the affected leg across the midline of your body, or moving your knees together. The brace will encourage you to walk, sit and lay with your legs apart.
 - Prevent internal rotation. Avoid twisting your leg. If you have to turn toward the unaffected side, do so using your entire body, including trunk, hip, leg and foot. Do not pivot on the affected leg, instead lift your foot and turn your whole body as one unit.
 - Limit bending or “flexion” of the hip. Avoid leaning too far forward, or sitting in a chair that is too low to the ground.

Sitting with your hips flexed too much, and bringing your knees together are positions that encourage hip problems and dislocations!

2. Your orthosis is designed for and intended to allow you to be out of bed while maintaining specific position limitations. These limits are set by your physician.
3. Incorrect positioning while wearing the device, such as attempting to bend forward beyond the range of the brace, or bringing your leg too close to midline can limit it's effectiveness and cause discomfort. These movements can also cause you to reinjure your hip. Allow the brace to show you how to position your leg.
4. While wearing your orthosis, you may not be able to bring your knee up to hip level while sitting straight. If this is the case, you may need to place a pillow on a firm chair, or sit on a stool that is high enough to accommodate the restriction imposed by the device. You may also sit in a chair that reclines. Chairs that are very soft or too low to the ground, as well as some vehicle seats may not accommodate the position of the brace.
5. You should be aware of your body position while wearing your brace. Incorrect position can cause the orthosis to twist or shift uncomfortably. The pelvic component, or waistband should sit level across your body, and the hinge at the side of the brace should be centered down the side of your leg. Bringing your leg in too close to midline (adduction), or trying to overcome the flexion limitations will cause the brace to rotate. If this occurs, you may loosen the straps on the brace, and reposition the orthosis correctly, then retighten the straps. If this is a frequent problem, then you should ensure that the orthosis is snug, and be very attentive to your body position. If you continue to have problems, you should call for an appointment to have the fit of the brace evaluated.

6. Your orthosis may be worn under or over clothing, depending on whether you are allowed to remove the brace or not. Toileting is more difficult if the orthosis is worn over your clothing.
7. It is recommended that you wear a soft undershirt that you can tuck into the waistband of the orthosis to help make the brace more comfortable, and prevent skin irritation.
8. To clean the brace, the plastic and metal components may be wiped clean with a damp cloth and mild soap. Antibacterial wipes may be used, as well. The liners can be removed, and hand washed in cool water and mild soap, then allowed to air dry. If the device must be worn at all times, a second set of liners may be purchased, if desired.
9. It is very important to keep the skin under the orthosis clean and dry at all times. Do not use lotions or creams under the brace, as this will make your skin softer and potentially more susceptible to skin breakdown or irritation. Unscented talcum powder can provide a barrier between your skin and the brace, making you more comfortable.

WEARING AND USE OF YOUR BRACE

1. Always follow your physician's guidelines regarding wearing time. If none are given, your practitioner will provide you with instructions.
2. Ensure that you are safe when you begin weight bearing in the brace. Use an assistive device such as a cane or walker for balance, and if possible, a friend, family member, or healthcare personnel for guidance until you are comfortable with the orthosis. The device will hold your leg in an abducted (out to the side) position, which will change your gait.
3. It is best to have assistance when putting on and removing the brace, if your physician allows you to do so. Bending and twisting to properly position the brace your self could lead to stress or dislocation of the hip.
4. The brace should be put on while in bed to maintain a safe hip position. Lean forward slightly to allow your helper to place the pelvic component behind your back. Lay back onto the pelvic component to ensure that it is positioned properly, with the hinge centered down the side of your leg. Fasten the closure snugly. Once the pelvic component is in place, bend your knee slightly, or have your helper lift your leg to slide the thigh cuff under your leg. Lower your leg into the thigh cuff. Make sure that the hinge is still centered down the side of your leg, and tighten the closure on the thigh cuff.
5. Throughout the day, have a helper check your skin for irritation, such as blisters, or bruised areas. The orthosis should not cause pain, nor should it irritate or cause skin breakdown. If irritation, pain, or excessive swelling occur, call for an appointment to have the device adjusted.

**An appointment is required to make changes or adjustments to your device.
Staff is available for emergency needs on weekends and holidays from 8:00 AM to
6:00 PM. Call the number below for instructions on how to contact
the practitioner on call.**

**Please call if you have any problems with or questions about your device.
Report any changes in your health or physical condition which may affect the fit or
function of your device, such as changes in weight or volume, muscle strength,
or recent surgeries.**

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