



## Patient Guide to Donning a Hip Abduction Orthosis

Instructions show standing while applying brace. Confirm with physician regarding use and function



STEP 1: Place waist belt upon hips and ensure it is centered



STEP 2: Make sure that hip joint is lined up with patient hip joint (femur head)



STEP 3: Fasten thigh cuff securely on leg

### General Guidelines

- Limit use of powder or lotion on skin under orthosis, as it can soil the padding
- Keep your skin clean and dry under and around the orthosis; wash skin with mild soap and water. Rinse and dry well
- Check for skin irritation and reddened after wearing the brace (if the skin demonstrates bright redness/irritation **contact Aljan Co. for an adjustment**).
- The device should be **tight** but **comfortable**. If the device is not on tight it can lead to skin breakdown and injury.
- The orthosis should be kept on at **all** times unless otherwise specified by the physician.

### Moving Safety

Keep in mind that the brace will limit your ability to move in certain directions

- Don't bend or twist at the hips
- Arrange household to keep necessary items nearby.
- Avoid picking up heavy objects until doctor gives clearance to do so

### If additional questions, please contact:

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