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Hip Abduction Orthosis

Instructions for wearing a Hip Abduction Orthosis



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What is a Hip Abduction Orthosis?

A hip abduction orthosis controls your hip by limiting its movement. It consists of a moulded waist and thigh shell connected together by an adjustable hip joint.

Hip abduction orthoses are worn if your hip joint is unstable after multiple dislocations or post hip surgery. It prevents hip dislocation by positioning your hip in abduction (legs apart), and controls the amount you can bend your hip.

When is the hip abduction orthosis worn?

It should be worn at all times unless instructed by your doctor or Orthotist.

Showering

Shower as normal with the hip abduction orthosis on and lie down to remove it. Wipe the plastic dry then change the wet liners with the dry set. You will need help to change the liners.

Changing the liners

You will be provided with two sets of liners. One can be washed while wearing the other. The liners are held in place with Velcro and can easily be pulled out. There are three different pads- two for the hip section and one for the thigh section. When removing the pads please take note of where they sit so that you can swap them over.

Wash liners by hand in warm soapy water and allow to air dry.

Tips

- To increase comfort, wear a singlet under the hip abduction orthosis. All other clothing should be worn on top. Tracksuit pants or other elastic waisted pants are often easiest.
- Underwear can be worn over the orthosis so it is easier to pull down for toileting – you may need a larger size to accommodate for the hip abduction orthosis.



Fitting and removing

The hip abduction orthosis can be fitted whilst lying on your back in bed or whilst sitting at the side of the bed. Your doctor will decide which is safer for you.

Lying in bed:

Ensure your skin is dry

1. Lie flat on a bed
2. Open all the straps on your hip abduction orthosis and place it next to your leg.
3. Have your helper push the waist strap into the bed and slide it through to the other side.

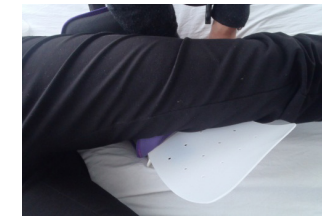


Push into bed firmly

- The waist strap should sit just above your hips



4. Slide the thigh cuff under your thigh, keeping your leg away from your body



5. Fasten all the straps tightly to suspend the orthosis

What to look for:

- From the side, the metal joint should be in the middle of your leg
- Height: the waistband should wrap around your hip bones
- You should be able to bend your knee without the brace pushing into the back of your leg
- The waist strap does up in the middle of your body
- The thigh section is longer on the inside of your leg. If it is behind your knee, you need to pull the orthosis through more
- If the brace is not sitting correctly, loosen the straps, re-adjust and tighten again



Metal joint sitting over hip bone