Hip Abduction Brace

A Hip Abduction Brace is typically used after a person has dislocated his/her hip or after a hip replacement revision surgery. The brace holds the femur (thigh) in the hip socket. It is used to prevent excessive motion in the hip to promote healing. The brace should be worn 24 hours per day, unless otherwise instructed by your doctor.

**Application**

1.) Put on a snug cotton shirt.
2.) Open all straps on the brace.
3.) While working on the side of the injured hip, slip the thigh portion around your leg and the waist portion around your waist, until the opening is in the front. Your leg will be positioned out to the side.
4.) Make sure that the grooves in the waist section line up in the space between your hips and ribs.
5.) Fasten the strap on the waist, ensuring that it is snug.
6.) Fasten the straps on the thigh piece.
7.) Depending on the angles the doctor set in the brace, your leg should be positioned off to the side. Also, you may or may not be able to sit appropriately while wearing brace.

**Wearing Schedule**
The hip abduction brace should be worn according to instructions provided by your doctor.

**Cleaning & Maintenance**
If removal of the brace is allowed by your doctor, you may remove the pads from the brace for laundering—be careful to note the pad location and position on the brace. Pads may be hand washed in warm water with mild detergent. Thoroughly rinse soap from pads to prevent any skin irritation. Lay flat to dry. The plastic component of brace may be wiped with a damp cloth or with rubbing alcohol.

**Tips & Problem Solving**
- If the brace moves, or is digging into your hip, ensure that the straps are snug. Loose straps will allow brace to move.
- Sitting upright at 90⁰ while wearing the brace will be difficult, if not impossible. The brace is precisely set to limit this motion. In order to sit with the brace on, a reclining chair or pillows for back support may be helpful.
- Avoid sitting in low chairs as standing up will be difficult.
- When attempting to stand, lean away from injured leg and use arms to push up out of chair.

If you experience any problems, please contact your Orthotist.