

# Hip Abduction Orthosis

# **Key Benefits**

- Immobilizes and protects hip from painful shocks
- Limits movement of the affected leg forward, backward, or across in front of the body
- · Supports and stabilizes hip joint
- Stabilized position of the upper leg bone within the hip socket
- Promotes proper healing of the hip



### **General Description**

A hip abduction orthosis is designed for wear by patients who have experienced trauma to the lower portion of the body, such as a hip dislocation injury or hip replacement surgery.

Hip abduction devices consist of a pair of rigid members, cushioned by soft and pliable material where they contact the wearer's inner thighs. The position of the rigid members is controlled by a center element that maintains the desired degree of separation of the legs. (See illustration.)

A snug but comfortable fit is necessary to achieve the proper level of stabilization and support. Proper fit will be explained and demonstrated by the orthotist, who will also advise patients and their family members in the use and care of the hip abduction orthosis.

Instructions for putting on the brace, and making comfort adjustments, as necessary, are shown on the reverse.



# How to put on your hip abduction orthosis:

### Lying down:

- Lie on your back, and open all the straps on the orthosis
- Apply on the side of the involved hip by sliding the tongue of the thigh cuff and waistband beneath waist and thigh until the orthosis' hip joint is in the middle of your side and the waist belt is centered. Lift your thigh carefully onto the thigh section during this process.
- Adjust the position of the orthosis' hip joint so that it rests over your own hip joint.
- Sit up slightly or, if necessary, bend the opposite knee and arch the back to carefully elevate the torso.
- Fasten the waist strap securely around your waist, using the Velcro closure.
- Bring the affected leg outward to match the position of the thigh cuff, and secure the cuff around the leg by fastening the straps and buckles.
- Check for proper fit by standing up. If the orthosis' hip joint is not centered over your own hip joint and the middle of the side of your leg, loosen all straps and readjust before resecuring.

### **Standing:** (If your doctor permits)

- Facing a mirror, place the waistband around your waist just above your hipbones and below your ribs, with the opening aligned with the middle of your body.
- Tighten the waist strap until snugly secured.
- Slide the thigh cuff around your leg and tighten the straps. (Be sure that the longest part of the thigh cuff is against the inside of the knee, allowing the knee to bend freely.)
- Line up the hinge of the orthosis with your natural hip joint, on the middle of your side.
- Adjust and retighten the waist strap and the thigh straps until snug.

### Please remember:

- Adjust straps snugly, but not tightly. A loose brace will move on your body, allowing movement and failing to
  provide the necessary stabilization and support for your healing joint. An excessively tight brace will cause discomfort and restrict blood circulation. \*The orthosis may require repositioning and adjustment during the day,
  depending on your level of activity. A change of body position—such as lying down—may also call for a tightening adjustment of the waist strap.
- Wearing an undershirt under the orthosis can improve comfort, prevent skin irritation, and keep the orthosis clean. The orthosis is usually worn under loose-fitting clothing, such as sweatpants and other elastic-waisted garments. Donning your undershorts over the brace makes toileting easier.

## **Comfort tips:**

- Be aware that your normal movement will be restricted.
- Keep knees apart when either sitting down or standing up. Your affected leg must be kept to the side, not underneath your body. Move slowly, and lean only toward the unaffected hip, using your arms on the sides of the chair to help lift your body.
- Sitting upright will be difficult; using a reclining chair or supporting your back with pillows may be more comfortable.
- Low chairs and standard toilet seats make it doubly difficult for you to stand up without flexing the hip. Use of elevated seats is recommended.