



## Hip Abduction Orthosis Wear & Care Guide

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### **Explanation of the Orthosis**

The hip abduction orthosis is used for the orthotic management of hip dislocations, post-operative hip osteoplasty. Regardless of the indication for use, the following will apply.

### **Wearing the Orthosis**

There are three parts to the hip abduction orthosis including: thigh cuff, hip joint, and pelvic band. The three parts acting as one provide abduction of the hip. Abduction is the outward positioning of the leg keeping the head of the femur (ball of the ball and socket joint). The orthosis is designed to be kept on at all times except for bathing. An interface material between the orthosis and your skin may be comfortable and should be of a cotton material to absorb perspiration and air ventilation.

### **Applying the Orthosis (Donning)**

The orthosis has to be worn in the proper position in order to accomplish your physician's goals. The thigh cuff must be as high as you are able to tolerate, but never cross the knee. The hip joint must lay on the side of the hip, that is affected, and should not be tilted to the front or back. The pelvic section must rest between the pelvic bones and the waist, not impinging the ribs or the bend of the hip. To don/apply the orthosis, lay on your back on a flat surface like your bed. Roll slightly to one side, keeping your leg abducted (in an outward position) and slip the orthosis under your body placing all components in proper position. Then, tighten the Velcro straps.

### **Removing the Orthosis (Doffing)**

Only doff (remove) the hip abduction orthosis for bathing if your physician allows that. This technique is easily done by lying on your back on a flat surface, like your bed, and removing the Velcro straps. Roll to one side keeping leg abducted (in an outward position) and slipping orthosis off.

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**Care/Washing the Orthosis**

The hip abduction orthosis has two types of material. One is a hard plastic and the other is a fabric liner. After the liners have been removed, the plastic may be washed with rubbing alcohol. The liners may be washed in a mild detergent, such as Woolite. If the lines are washed, do not dry in dryer or with a blow dryer. Hand dry to avoid shrinking.

**Follow Up Visits**

Now that you have been fit with your orthotics, any orthotic maintenance or adjustments must be made by Optech O&P. Please contact our office if an adjustment is needed.

*If you have any questions about the wear & care of this product, please contact Optech Orthotics & Prosthetics for more information.*

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