



Use your phone's camera to scan this QR code and follow along with the video

Wear and Care Instructions for a Hip Abduction Brace

HELPFUL TIP - This brace can be put on while lying down or standing. Your doctor will tell you which is right for you.

Putting on the Brace in Bed

► Follow along with the video for best results

1. Before putting on this brace you need to put on a shirt and pants. This brace should never be worn against your skin.
2. While lying on your back, have a helper open the waist belt and slide the side of the waist belt under the small of your back.
3. When the back side of the belt is centered and the hip joint is next to your hip, secure the belt around the waist.
4. Have the helper wrap the thigh strap around your thigh.
5. Use the waist pull tabs by pulling them to tighten the brace until comfortable. Then re-stick the tabs back to the brace.

Putting on the Brace While Standing

1. Before putting on this brace you need to put on a shirt and pants. This brace should never be worn against your skin.
2. Open the waist belt and wrap it around your waist. When the belt is centered and the hip joint is next to your hip, secure the belt and then wrap the thigh strap around your thigh.
3. Use the waist pull tabs by pulling them out to the left and right sides to tighten the brace until comfortable. Then re-stick the tabs back to the brace.

Removing the Brace

Unstick the waist pull tabs and restick them near the back of the brace. Undo the thigh strap and the waist belt and remove the brace.

HELPFUL TIP - Check your skin every day. If your skin stays red for more than 15 minutes after you take off your brace it could mean the brace is applying too much pressure. If the redness doesn't go away within 15 minutes or if you feel soreness, take a picture of the redness and contact our office right away. You may need to stop wearing the brace.

Cleaning Instructions

If the brace gets dirty you can clean it with soap and warm water. The brace must be fully dry before you put it on again. Do not use bleach or other harsh chemicals to clean the brace.

Wearing Schedule

In general you should wear this brace 23 hours a day, including while in bed. Ask your practitioner or doctor what your wear time should be based on your diagnosis.