



Date: _____

Patient Name: _____

HIP ORTHOSIS

You have been fit with a **Hip Orthosis**. The waist grooves should fit into your waistline parallel with your body and the thigh section just above your knee. The joint should be at the side of your hip. Your leg should be positioned away from the midline of your body.

Following use there may be some skin redness from pressure areas. Redness should not persist for more than 15 minutes after removal and redness that does not disappear can be a sign of excess pressure. Please contact our office for adjustments. Failure to do so could lead to blisters or open sores.

The orthosis is designed to support your hip and limit the motion of your leg to prevent injury. Your doctor has set the limits of how much you can flex your hip. This will alter the way you can sit. Exceeding this limit could cause injury to your hip and push the upper portion of the pelvic section into your lower ribs. You will find sitting to the front of the chair and leaning back will be the most comfortable. Placing pillows in the back of the chair may be helpful. This orthosis is also designed to hold your leg outwards. This is the best angle to keep your hip into its socket. You can easily force this thigh cuff inwards, but doing so could cause injury to your hip and discomfort at the waist belt. You should wear this 24 hours each day unless otherwise instructed by your doctor.

Washing of the orthosis should be done only with your doctor's authorization. If it is approved, your hip must be immobilized during the procedure. Remove the orthosis. The orthosis can then be cleaned with a wash cloth and mild soapy water. The pads can be removed for washing if necessary. Make certain all soap residues are removed and the orthosis is completely dry before re-applying. Make certain the orthosis is reapplied properly, with all straps secured snugly.

Make sure you are comfortable with how to properly put on and take off your orthosis. Never attempt to modify your orthosis yourself.

Please inspect your orthosis daily for any signs of wear including cracking, loose parts, or decreased effectiveness of the device and call our office if any of these begin to happen.

Patient Signature

Date