



UNIVERSAL HIP ABDUCTION MANAGEMENT SYSTEM

The following are general guidelines for wearing and caring for your hip abduction brace. Your doctor (or health care practitioner) may alter, supersede, or oppose some of them. He or she knows your medical status and is using the hip abduction brace as one part of your total care. It is important to follow his or her instructions exactly, even if they differ from some of the following guidelines.

## OPTION #1 - LYING DOWN

- 1 Open all buckles at the waist band and thigh cuff.
- 2 Bend your knees and slide the waist band under your bent knees.
- 3 Slightly raise your buttocks while pulling the waist band onto your waist with the opening facing forward.
- 4 Align the brace joint with your hip joint and fasten the buckles at the waist band to keep in place.
- 5 Come up to a half-sitting position, insert your leg into the thigh cuff and fasten the buckles.
- 6 Stand up at the side of the bed and ensure that the center of the brace joint aligns with your hip joint.
- 7 If the brace joint is not aligned over your hip joint, carefully loosen all buckles, realign brace joint over your hip and refasten buckles to a snug fit.

Waist Band

Hip Joint

Thigh Cuff

## C A R E I N S T R U C T I O N S :

- Remove your brace only if allowed by your health care practitioner.
- If brace can be removed, wash plastic and padding by hand with mild soap and cool water. Air dry.
- Change and wash t-shirt or orthopedic body sock worn under brace.
- While wearing brace, keep buckles fastened snugly as advised by your health care practitioner.

It is not uncommon for your body to change sizes because of reduction in post surgical swelling. If you change size so that you can no longer adjust the buckles enough, consult your doctor or health care practitioner.

Always wear a t-shirt or orthopedic body sock under your hip abduction brace for overall comfort and ease of movement.



Ready When You Are...