

HIP ORTHOSIS CARE

Your physician has prescribed a Hip Orthosis to promote healing and the desired positioning of your hip. The information below should assist you in putting the orthosis on properly. The two recommended positions for applying the hip orthosis are either while lying on your back in bed, or while sitting at the end of the bed. Please call us if you have any questions.

APPLYING THE ORTHOSIS ON YOUR BACK IN BED:

1. Open all Velcro straps.
2. Slide the waist (pelvic) section (A) under your waist and pull it out the other side so that the plastic pieces on each side of your waist are the same distance around. Lift your leg carefully into the thigh section.
3. Feel the hip joint (B) so that it is along the middle of the outside of your leg. Place the hip joint over your own hip joint.
4. Fasten the Velcro pelvic strap. (A)
5. Fasten the thigh straps (D) by coming to a half-sitting position.
6. Come to a sitting position at the side of the bed. Stand up. If the hip joint is not centered over your hip joint and the middle of the side of your leg, loosen all straps, readjust, and tighten straps again snugly. An undershirt can improve comfort if worn under the orthosis. All other clothing should be worn on top of the orthosis. Sweat pants and other elastic waisted garments work the best.
7. The thigh cuff will be longer on the inside of your leg to help keep you from crossing over past the middle of your body. You should be able to bend your knee completely without the plastic digging in behind your knee.
8. Call your orthopedic professional if your orthosis is not fitting well.

APPLYING THE ORTHOSIS AT THE SIDE OF THE BED:

1. Carefully come to a sitting position at the side of the bed.
2. Open all Velcro straps.
3. Position the waist (pelvic) band (A) so that the plastic is the same distance forward on both sides. Lift your leg carefully into the thigh section.
4. Position the orthosis so that the hip joint (B) is over your hip and the bar (C) runs down the middle of the outside of your leg.
5. Fasten the Velcro pelvic band strap (A) and the thigh straps. (D)
6. Stand up. If the hip joint is not centered over your hip joint and the middle of the side of your leg, loosen all straps, readjust, and tighten straps again snugly. An undershirt can improve comfort if worn under the orthosis. All other clothing should be worn on top of the orthosis. Sweat pants and other elastic waisted garments work the best.
7. The thigh cuff will be longer on the inside of your leg to help keep you from crossing over past the middle of your body. You should be able to bend your knee completely without the plastic digging in behind your knee.
8. Call your orthopedic professional if your orthosis is not fitting well.

