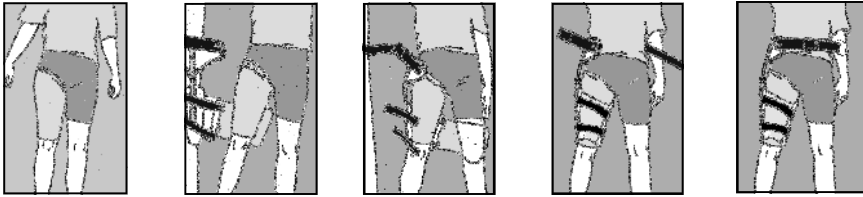


## Hip Abduction Orthosis

### Fitting Instructions for Supine Patient



1 2 3 4 5

### HAO: Hip Abduction Orthosis

1. Apply cotton stockinet to patient's thigh. (Fig. 1)
2. Slide polyethylene tongue behind leg at knee. (Fig. 2)
3. Roll thigh shell under leg. (Fig. 3)
4. Slide hip brace up and into position. (Fig. 4)  
*The top edge of the plastic at the waist should be just below the ribs.*
5. Position leg so outer thigh is against plastic thigh shell on hinge side. (Fig. 4)  
*With the shell opening straight up, the knee cap should be centered below the opening.*
6. Tuck polyethylene tongue inside thigh shell and secure straps on thigh shell. (Fig. 4)
7. Slide waist belt behind patient's back. (Fig. 4)
8. Snap waist buckle in front and draw snug. (Fig. 5)

### Care Instructions

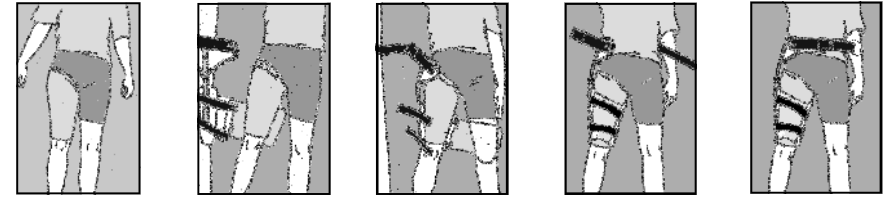
5. Use soap and water or rubbing alcohol to clean plastic.
6. Always use a clean stockinet. Can be hand washed / air dry.
7. Straps must be worn snug.
8. Brace discomfort may mean that you are bending too far forward or your legs are too close together.
5. Call your doctor or orthotist if you have any concerns.

This brace has been set with \_\_\_\_\_ degrees abduction.

\_\_\_\_\_ Flexion Stop \_\_\_\_\_ Extension Stop

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DOCU5022, rev. 001

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