



## Hip Orthosis

You have been fit with a Hip Orthosis. Unless otherwise instructed by your physician, this device is to be worn at all times. At least once per day, remove your orthosis and inspect your skin. Any redness noted should not persist for more than 15 minutes after removal. Redness which persists for more than 15 minutes after removal can be a sign of excessive pressure. If this should happen, or if there are any signs of numbness, tingling, color change, excessive itching, swelling or pain please do not reapply the orthosis and contact our office for an adjustment. Failure to do so may lead to skin irritations and discomfort.

If you are not instructed by your physician to wear full time, please use a gradual break in schedule to allow your body to get used to the device. Start with an hour today. Increase an hour per day as tolerated. Following use, remove your orthosis and inspect your skin. There may be some skin redness from pressure areas. Redness which persists for more than 15 minutes after removal can be a sign of excessive pressure. If this should happen, or if there are any signs of numbness, tingling, color change, excessive itching, swelling or pain please do not reapply the orthosis and contact our office for an adjustment. Failure to do so may lead to skin irritations and discomfort.

The orthosis is designed to support your hip and limit the motion of your leg to prevent injury. You should wear your orthosis 24 hours each day unless otherwise instructed by your physician. Removal of the orthosis should be done only with your doctor's authorization. If you're allowed to remove the orthosis, your hips must be immobilized during the process. The orthosis can be cleaned with a wash cloth and mild soapy water. Make certain all soap residue is removed and the orthosis is completely dry before re-applying. Avoid using a hair dryer or placing near a heater to speed up the drying process as this may damage the device. Make certain the orthosis is reapplied properly, with all straps secured snugly.

Be certain you are comfortable with properly putting on and taking off your orthosis and 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 needed. Also, don't hesitate to call if you have any questions about wearing the device. A yearly check up is recommended.

If you were given specific manufacturer care instructions for your orthosis please be sure to follow the directions closely.