

## Care and Use Guide Hip Orthosis

- You have been fit with a Hip Orthosis.
- Unless otherwise directed, please give yourself a gradual break in schedule to allow your body to get used to the device.
  - Start with an hour the first day.
  - Increase an additional hour per day as tolerated.
- Following use, remove your orthosis and inspect your skin.
  - There may be some skin redness from pressure areas.
  - Redness should not persist for more than 15 minutes after removal.
  - Redness that does not disappear can be a sign of excess pressure.
- Also discontinue use if any sign of numbness, tingling, color change, excessive itching, swelling, or pain develops.
- Please contact our office for adjustments and do not reapply orthosis. Failure to do so could lead to blisters or open sores.
- This orthosis is designed to support and limit the motion of your leg to prevent injury.
- You should wear this 24 hours a day unless otherwise instructed.
- Washing of the orthosis should only be done with your doctor's authorization.
- If it is approved, your hip must be immobilized during this procedure.
- Your orthosis lining can be cleaned with a washcloth and mild soapy water.
- Make certain all soap residue is removed, and the orthosis is completely dry before reapplying.
- 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 the office as needed.
- A yearly checkup is recommended.

