Hip Abduction Brace

The hip abduction brace provides support of the hip joint to allow proper healing to take place after surgery or hip dislocation. The brace limits the amount of hip movement, so normal activities such as sitting upright may not feel normal.

Your doctor will tell you:

- How long you will need to wear the brace
- If you need to wear the brace at all times
- If you can have it off when you are in bed

General Information

- Always follow your hip precautions when wearing your brace.
- Use a pillow on the seat of your chair to make sitting in a chair feel more comfortable when wearing the brace.
- Do not sit on chairs, sofas or toilets that are low to the ground, because they may make you break your hip precautions.
- Use your arms to assist when rising from a chair to protect your hip.
- Inspect the skin under your brace each day. If there is any redness or irritation that remains 15 to 30 minutes after you remove the brace, call your doctor or orthotist. Your brace may need to be adjusted.
- The brace can be cleaned using a damp cloth. Wash the pad with mild detergent and let it air dry over night.

More on next page ➔

Learn more about your health care.
### Putting the Brace On

Apply the brace in bed. Do not get in or out of bed without having your brace on. Wear the brace over a t-shirt and underwear to prevent irritation of the skin. Many patients find boxer shorts are most comfortable. This is true for women as well. You may also wear the brace over pants to protect your skin.

**Follow these steps**

1. Open all of the straps on the brace.
2. Slide the thigh cuff and waist band under your body from the affected side towards the unaffected side.
3. The waist band should rest between your hip bones and your ribs and the opening should be centered on your body. Tighten the waist strap snugly.
4. Fasten the Velcro straps around the thigh cuff. Make sure the longest part of thigh cuff is on the inside of the knee and not behind it.
5. The hinge of your brace is to be lined up with your hip joint.
6. Readjust straps to make sure they are still snug.

### Removing the Brace in Bed

1. Unfasten and fold back the Velcro straps on the thigh cuff and then the waist band.
2. Slide the brace off towards the affected side. Be sure to follow all hip precautions.

⚠️ Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.