

Post OP Hip Brace W/ Flexion/Extension/Abduction

The ISO Preferred Post OP Hip Brace W/ Flexion/Extension/Abduction is available for either the right or left hip and reduces the time it takes to heal discomfort from injuries or post-surgery. Please follow your orthopedic professional's instructions explicitly and adjust or discontinue use only as directed to achieve maximum benefit for your concerns.



ISO Preferred Post OP Hip Brace with Flexion/Extension/Abduction (HI203x) is intended to provide support post-Op femoral head resection, post-Op stabilization after hip revision/total hip replacement, orthoscopic surgery, Abduction and Rotation control for hip dislocations or fractures. Other uses include arthroplasties, hip dysplasia, hip revisions/surgeries, Pre-Op use.

1. The belt at waist is designed to fit Small to 2XL. Unfurl all of the straps on the hip brace and unlock the rotating joint, as it is packaged in the locked position. Simply slide the red button away from the center to unlock the brace.
2. Adjust the length of the hip brace on both the top and bottom sections per your doctor's instructions. While the hinge is aligned with the hip, make the length adjustments to the brace by turning the knob and sliding the waist strap up or down. Lock into place by turning the knob clockwise. If you need to adjust the length of the section that secures to your thigh region, simply push the plastic button inwards and slide this whole section up or down as per your height and body type. You can always re-adjust both these sections during the fitting process to get the perfect fit.
3. Align the hip brace hinge to your joint and use the strap that goes around your waist to secure it into place. Make sure to keep the positioning of the hinge over the outer hip joint. This will position the brace correctly. Next wrap the thigh strap section into place over your thigh. Use the two long straps to secure the hip brace into place. **DO NOT OVERTIGHTEN.**
4. Three Adjustments. **(A) Abduction/Adduction:** To fit the patient's hip and align legs at midline, locate the horizontal hinge below the dial. Loosen the bolt with the Allen wrench provided and adjust the abduction/adduction as needed. **(B) Adjust the extension setting** by sliding the locking button into the unlock position. Adjust the range of motion per your doctor's instructions. To do this, press the yellow *extension* button for the *extension* rotation and slide it to the desired setting for the *extension* rotation and release it at the prescribed degree. The button will spring out to set the *extension* ROM. **(C) Adjust the flexion setting** by pressing the yellow button in for the *flexion* degree and sliding it to the desired setting. The button will spring out to set the *flexion* range of motion. You can securely lock the push buttons into place by threading the included ties through the holes, pulling tight, and cutting off the excess waste.
5. To lock your settings for the hip joint into place simply slide the red button into the lock position.



RIGHT side shown



ISO Hip Belt Extension: Universal (Optional-HI204)

For additional length at waist securely fasten the (optional) ISO Hip Belt Extension: Universal to one side of the ISO Hip Brace Belt.



INTRODUCTION

Your **ISO Preferred Post OP Hip Brace W/ Flexion/Extension/Abduction (HI203)** is designed to provide your body with the support and stability that it needs to successfully manage or eliminate your mobility concerns. It is critical that you follow your orthopedic professional's directions closely to ensure that the apparatus is worn properly and in the manner that will be most beneficial in addressing your issues. For correct application, please read the enclosed instructions and watch the on-line instructional video (if available) at www.ISOpreferred.com so that this device can provide you with superior long-term usability and care.

USAGE RECOMMENDATIONS

It is vital that you read the included instructions and when applicable watch the instructional video for the **ISO Preferred Post OP Hip Brace W/ Flexion/Extension/Abduction (HI203)**. The brace is intended for application by qualified professionals only. It is not recommended for patients to fit or apply or adjust their new brace without an orthopedic professional's expertise, unless otherwise instructed. Further questions regarding adjustments or changes, frequency of use, and/or duration of use should be presented to your orthopedic professional, as they are familiar with the specific needs and conditions, for which this device was prescribed.

CARE AND CLEANING INSTRUCTIONS

Please do not place your brace in the washing machine or dryer at any time. When preparing to clean your **ISO Preferred Post OP Hip Brace W/ Flexion/Extension/Abduction (HI203)** you will want to separate the parts where applicable and care for them individually.

- Do not dry clean, iron, bleach, or use an abrasive cleaning instrument on any part of the brace. Failure to follow these instructions may damage your brace and void the manufacturer's warranty and it may no longer work properly.
- Remove the inner padding from the outer plastic shell.
- Remove the straps.
- Hand wash each section in cold water with a mild detergent. Lay flat to air dry.
- Allow all parts to air dry prior to reassembling the device.

CAUTION

The **ISO Preferred Post OP Hip Brace W/ Flexion/Extension/Abduction (HI203)** is for single patient use only. While every effort has been made to obtain maximum strength, function and durability, there is no guarantee that injury will be prevented through the use of this device, especially if the instructions are not followed correctly.

DO NOT OVERTIGHTEN.