



# THE BILATERAL HIP ORTHOSIS

The BILATERAL HIP ORTHOSIS provides stability and support for both the left and right leg/hip and is indicated for post and pre-operative use. Additional indications include anterior and posterior hip dysplasia, hip revisions, and mild to moderate hip osteoarthritis.

## PREPARATION

The BILATERAL HIP ORTHOSIS is designed to fit sizes SMALL to 2XL with minimal adjustment. To adjust belt sizing, simply remove each side of the belt from its Velcro tab on the back panel, cut or fold each side of the belt to the desired size, and re-attach to the Velcro tab on the back panel.



## APPLICATION

### Back & Side Application:

1. Open the belt and leg panels to loosely position the brace on back and legs.
2. With the waist belt fully open, position the back panel to be centered on your spine just above the waist. Wrap the left side of belt around your abdomen and hold. Wrap the right side of belt over the left side and secure, making sure the back panel is centered on the spine. Adjust as needed.
3. Grab the compression straps using the thumb loops in the pull tab and simultaneously pull the compression straps away from your body until the desired level of compression is achieved. Secure compression pull-tabs to front or side of brace. (Fig. 3)

### Hip Application:

4. Attach each hip support to the belt so that the hinge dial is aligned to the hip joint. For better compression and fit, pull compression pull-tab string through the opening at the top of each plastic hip piece. (Fig. 4)
5. Shorten/Lengthen brace. Secure cuff to patient's legs with Velcro straps. (Fig. 5)
6. Adjust the range-of-motion (ROM) by loosening the small bolt at top of ball joint assembly. After setting the extension and flexion tabs to desired settings, tighten the small bolt at the top to maintain settings. (Fig. 6)
7. Adjust Abduction/Adduction by setting inward/outward screw, located below ROM hinge, to proper setting. (Fig. 7)
8. Adjust and position thigh supports by loosening, adjusting, and tightening the thigh bolt as needed with wrench provided. (Fig. 8)



## CLEANING INSTRUCTIONS

Hand wash using cold water and mild detergent. Air dry. Do not dry clean, iron, or bleach any part of this brace, as it could cause damage and void the manufacturer's warranty.

*NOTICE: While wearing the Bilateral Hip Orthosis, there is no guarantee that injury will be prevented through the use of this device.*

## CAUTION

The application instructions listed above are intended for the use of qualified professionals only. It is not recommended for patients to attempt to apply or adjust this device unless otherwise instructed to do so by an orthopedic professional. Any questions regarding further adjustment or frequency duration of wear should be directed to your orthopedic professional, as they know the individual condition for which this device was prescribed.

Item#: HB-166D

Size	Waist (In Inches)
Small	25" - 32"
Medium	32" - 38"
Large	38" - 44"
X Large	44" - 50"
XX Large	50" - 56"