

CUFF AND BAR Orthosis- Use and Care

Geelong Orthotics

Geelong Hospital Paediatric Orthopaedic Unit

PURPOSE

The purpose of the Denis Browne Cuff and Bar is to maintain the hip joint in a position of abduction (ie. Hips are bent and knees are moved away from the body in a 'frog like' position), which is the ideal position for the socket of the hip joint to develop over time. The socket of the hip joint should deepen so that the hip joint becomes more stable.

WEAR

Unless advised otherwise from your Orthopaedic surgeon, your child needs to wear the Cuff and Bar 24 hours a day. Treatment using the Cuff and Bar Brace can range from anywhere between 3 to 6 months or more if necessary. Generally the babies start with full time wear, then progress to being able to take it off for a bath and finally wearing it when sleeping only. During this time your Orthopaedic surgeon may request an ultrasound be taken of your child's hips to show the progress and whether the brace has helped to stabilise the hip joint.

The orthosis will not be painful for your child to wear. Your child may not respond well to being restricted in the one position and may be unsettled at first until they get used to it. It is normal for your child to cry during the initial stages of wearing the brace.

Wearing the brace does not alter the baby's normal development. Whilst wearing the orthosis your child will still be able to learn to sit, crawl and pull themselves up to a standing position. The weight of the brace is approximately 150-200g.

We usually like to review the brace once a month or sooner if problems arise.

THINGS TO WATCH FOR

It is important to check your child's skin daily for areas of irritation and rubbing. Curash medicated nappy rash powder may help prevent the development of fungal infections under the brace. Fitting in a car seat can be an issue but it depends on the style of car seat and the size/age of your baby.

MAINTENANCE

In some instances your Orthopaedic surgeon may allow the brace to be taken off so your child can have a bath once a day. This is a good opportunity to clean the brace. The velcro straps and the frame can be wiped clean or lightly scrubbed with a face washer. Allow the brace to dry whilst you clean your child. Do not sit the brace near a heater nor blow dry, the foam lining will melt. If lint builds up on the Velcro hook strap use a comb which can be brushed across the strap to remove built up lint etc.

When your child is dry gently lay them on their back and place the orthosis under their legs, with the bar at the front, then slide the legs into the gap in the thigh cuffs. The thigh straps are now closed over firmly, one at a time. The affected hip may be difficult to lower into the thigh shell off the brace, it is usually easier to do this leg first. By applying a gently force downwards on the inside of the knee the hip muscles will relax and the thigh strap can be closed firmly.

If you have any problems or questions about the Cuff and Bar orthosis, please do not hesitate to contact us.

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