

# HIP ABDUCTION Orthosis - Use and Care

Geelong Orthotics

Geelong Hospital Paediatric Orthopaedic Unit

## PURPOSE

The purpose of the HIP ABDUCTION brace 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. When the socket of the hip joint deepens the hip joint becomes more stable.

## WEAR

Unless advised otherwise from your Orthopaedic surgeon, your child needs to wear the Hip Abduction Orthosis 24 hours a day. Treatment using the Hip Abduction brace can range from anywhere between 3 to 6 months or more if necessary. During this time your Orthopaedic surgeon may request an ultrasound or X-Ray be taken of your child's hips to show whether the brace has helped to stabilise the hip joint.

The brace 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 initially until they get used to not being able to move their hips freely. 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 brace 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 200grams.

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 Curash medicated nappy rash powder may help prevent the development of fungal infections. Do not take it off unless advised by the Surgeon. 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 can be hand-washed in warm soapy water 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.

## FITTING the Brace

When your child is dry gently lower them into the brace. The waist strap is closed over firmly but not tight. You should be able to fit two fingers between the waist strap and your child's stomach. The thigh straps are now closed over one at a time. They will need to be closed over a little more firmly than the waist strap in order to hold the hips in the 'Abducted' position. The affected hip may be difficult to lower into the thigh shell of 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 Hip Abduction Brace, please do not hesitate to contact us.**

Geelong Orthotics Pty Ltd

70 Bellerine St, Geelong 3220

p - 03 5224 2200 F - 03 5223 3229

e - [info-sales@geelongorthotics.com.au](mailto:info-sales@geelongorthotics.com.au)

w - [geelongorthotics.com.au](http://geelongorthotics.com.au)



Barwon Health - Geelong Hospital

Paediatric Orthopaedic Co-Coordinator

0409 334744