



Northumbria Healthcare
NHS Foundation Trust

You and your hip brace

Issued by the physiotherapy department

building a caring future

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www.northumbria.nhs.uk

This leaflet aims to:

- Give you a general understanding of why you have been provided with a hip abduction brace and what this means
- Tell you about the risks and the benefits of wearing a hip abduction brace and what the alternatives are if you choose not to wear the brace
- Inform you of what you should and should not do whilst wearing the brace
- Encourage you to commence some gentle exercises whilst wearing your brace

Why have you been provided with a hip abduction brace?

You have been prescribed a hip abduction brace by your orthopaedic consultant. This is most likely to be due to a dislocation of your hip following your Total Hip Replacement. A dislocation is when the 'ball' part of the hip comes out of the socket.

The brace supports your hip and keeps your leg in the correct position to reduce the risk of further dislocation. It also allows the soft tissues that have been damaged when your hip has dislocated to heal. You will find that your brace will keep your leg out to the side a little to limit the amount you can bend your leg forward and move it across your body.

What causes the hip to dislocate?

There are a number of reasons why your hip may dislocate following your hip replacement. The most common reasons are:

- Putting the hip into a position that pushes it towards the extreme of its movement e.g. crossing your legs or bending over to pick something off the floor
- The soft tissues become weak and the hip joint moves more than it should
- The ball and socket parts of the hip replacement no longer line up correctly.

What are the risks of wearing a hip abduction brace?

The main risk of wearing a hip abduction brace is the development of areas of pressure on the skin where the brace rests. You will be shown by your physiotherapist or orthotist where to look for these and you should check your skin regularly. Your hip brace is designed only as a reminder to avoid too much movement, there is a risk that despite wearing it the hip may dislocate again.

What are the benefits of wearing the hip abduction brace?

The brace will help to prevent further dislocations while allowing the soft tissues around your hip to heal. It also allows you to get out of bed and move around.

What are the alternatives?

- Bed rest to allow the soft tissues to heal. This may be for up to six weeks.
- An operation to stabilise the hip.

How long do I have to wear the brace?

Your consultant will decide how long you are to wear the brace. This is likely to be for six weeks. Within this time you will be told how many hours a day you are required to wear the brace, it may be that you are required to wear it 24 hours a day. After you have worn the brace for the required period of time you will see your consultant who will decide if any further treatment is necessary.

How do I put my brace on and take it off?

You may be allowed to take your brace off at night, when in bed. If this is the case follow the instructions below to put your brace back on.

It may be that you are given a slightly different hip abduction brace by your consultant. If this is the case you will be provided with additional information by your physiotherapist or orthotist.



In bed lay the brace by your affected side an open the straps



Insert the waist strap by lifting your bottom and bending your unaffected leg. Fasten the strap.



Now place the thigh component under your affected leg.



Gently bend your leg towards you and fasten the clips on the thigh component.



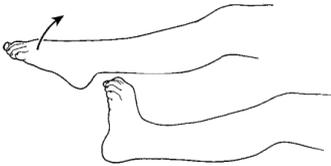
Tighten the waist and thigh straps till secure.



Transfer yourself into a standing position and check the brace is a snug fit. You may need to tighten the straps throughout the day as you move around.

- When the brace is in the correct position the waist band sits in the “hands on hips” position.
- The thigh piece should be high enough to allow the knee to bend freely
- The hinge should follow the outer seam of the trouser
- The brace should not be twisted

What exercises can I do whilst wearing my brace?



Ankle exercises

Each time you exercise start by moving your feet up and down rapidly.



Thigh squeezes

Lie flat on the bed. Turn up your feet and push the back of the knees into the bed straightening your knee. Hold for 3 seconds then relax.

Repeat _____ times

Do _____ sessions/day



Buttock squeezes

Squeeze cheeks of bottom together and hold for 3 seconds. Do not hold your breath.

Repeat _____ times

Do _____ sessions/day

Additional Information

- You may find it best to wear the brace underneath your clothes and wear your underwear over the brace to make going to the toilet easier.
- You will not be able to bathe or shower with your brace on and therefore may need to wash around the brace while sitting or standing up. If required you will be assessed by an occupational therapist and given further advice on this. They will also assess you for any aids or adaptations you may require.
- If you are having any problems with the fitting of your brace get in touch with the orthotist where the brace was issued.
- You should continue to follow your hip precautions whilst wearing the brace.

Useful contact numbers

Telephone 03 44 811 8111 and ask to be put through to the Orthotics Department at the hospital where you received your treatment.

North Tyneside General Hospital

Rake Lane
North Shields
NE29 8NH

Wansbeck General Hospital

Woodhorn Lane
Ashington
NE63 9JJ

Hexham General Hospital

Corbridge Road
Hexham
Northumberland
NE46 1QJ

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**.

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: 0800 032 0202

Text: 07815 500015

Email: northoftynepals@nhct.nhs.uk

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General Enquiries 03 44 811 8111

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