



head to foot orthotics

Hip Abduction Orthosis



This brochure is intended as a source of information for patients, their family and friends. Questions are welcome, so please contact your Orthotist on the contact number located on the back of this brochure.

What is a Hip Abduction Orthosis (HAO) for?

To provide stability to your hip joint whilst it is unstable, allowing removal, washing of the leg and walking **if given permission by your Doctor.**

Orthosis is another name for an orthopaedic support or brace.

Putting On

- Lie down on a bed to put the HAO on.
- Have a second person help you if possible.
- Put the plastic thigh section on first without doing up the straps.
- Put the waist section around your waist ensuring the middle of this section covers your "belly button" (see cover picture). At this stage you can adjust the whole brace up or down if needed (e.g. if the thigh section is too high in your groin)
- Fasten the buckle / straps of the waist strap and adjust so it is firm. There should be no areas of gapping under this section.
- Attach the thigh strap buckle and ensure it is firm.
- **Note: Most problems with this orthosis occur because the waist section is not in the correct position and not attached firmly enough.**

Taking Off (If allowed by your Doctor)

- TAKE OFF HAO ONLY WHILST LYING DOWN (unless otherwise directed by your Doctor).
- To remove, undo all straps and then pull the waist and thigh sections out from under your body.

Walking

- Safety and prevention of further injury is the priority when commencing walking in the HAO.
- Be guided by your Doctor or Physiotherapist, you may be required to walk with a frame or crutches.
- You will feel restricted by this orthosis, so don't fight against it. Contact your Orthotist or Physiotherapist if you feel unstable or unsafe in your walking.

Wearing Problems

- Check your skin under the HAO for areas of rubbing, redness or blistering. You may develop pressure ulcers if regular checking is not performed. Contact your Orthotist immediately if these things occur.
- You shouldn't be able to cross your legs in this brace, if you can call you Orthotist immediately.

Cleaning

- Wash the foam liners only if absolutely necessary, contact your Orthotist prior to doing this.
- If washing the liners has been approved the remove the foam liners from the plastic sections (they are attached with Velcro) and wash with warm soapy water. *Strictly* air-dry only. Extra foam liners can be purchased.

Individual client notes



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Further Details

Please contact if you have questions or require an appointment.



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