Review Procedure

Please follow the review advice given to you by the orthotist.

If you require an appointment before this time, please contact the orthotic department.

Orthotic Department Tel: _____

Cover image courtesy of Peacocks Medical Group Ltd.

Chas A Blatchford & Sons Ltd., 11 Atlas Way, Atlas North, Sheffield, S4 7QQ.
Tel: +44 (0) 114 2637900 Fax: +44 (0) 114 2637901

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DynaCox Hip Brace

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Information for Patients

DynaCox Hip Brace

What is the hip brace for?

To maintain your hip joint in the correct position.
This brace is often used after hip replacement operations.

Wearing your brace:

- **The medical staff who prescribed the brace will decide when and for how long you must wear your brace.**
- It is commonly used when you are out of bed but may also be required whilst you are in bed.
- **The position and fit of the brace will be set by the orthotist who supplies it to the doctor's instructions.**
- The brace will encourage you to hold your leg out to the side, which will keep your hip in a good position.
- As your leg moves in from this position, you will feel pressure against your hip from the oval plate attached to the hinged side piece. This helps keep the hip in position.
- Usually the brace allows you to bend your hip to walk and sit. Occasionally these movements will be restricted at the request of your surgeon
- **Try to move in the way in which the brace is controlling you. Do not force against the brace.**

Putting on and removing your brace:

You may need help until you get used to your brace.

Do not adjust the brace yourself.

To put your brace on, sit on a bed with your leg straight out in front of you:

1) Wrap the top section around your hips (see picture on the front of this leaflet). Make sure it fits snugly and evenly on each side of the body, fasten the Velcro flap.
2) Position the plastic cuff just above the knee and fasten in-place.
3) Gently lift your thigh up by bending your hip and pull the thigh section of the brace around your leg.

It is important that the upper edge of the femur pad should be positioned directly below the trochanter, on the lower section of the hip joint. The staff will show you where this is.

To take your brace off:

Reverse the above procedure.

Skin Care

The brace should be removed at least once a day to check the condition of your skin. This should be carried out by a nurse whilst you are an inpatient on the ward and by yourself once you leave hospital.

If you:

- Have skin irritation.
- Feel the brace is causing undue pressure.
- Have broken skin.

Please seek advice from your doctor.

Before you go home:

- Make sure you are able to remove the brace and put it back on.
- If not ask one of the nursing staff to show you how to do this.

If you have any problems with your brace whilst you are an inpatient, speak to one of the nursing staff. If you have been discharged from hospital and have problems with the brace please contact the orthotic department.

Cleaning your brace:

Wash the bandage with a mild detergent on a hand wash setting of 30°C. Allow to air dry, DO NOT tumble dry, DO NOT place on hot objects (e.g. radiators) and DO NOT iron. Only wear when completely dry.