

# The Doctor's Hip

Before using this device please read the following instructions completely and carefully, and also carefully follow any instruction sgiven by your physiscian.  
 Correct use is vital to the proper functioning of this device.

## Indications:

- Mild to moderate hip osteoarthritis
- Hip displasia-anterior or posterior
- Hip revisions and surgeries
- Post-op and pre-op

## Instructions:

1. The waist belt is designed to fit sizes small to 4XL. To adjust simply remove each side of belt from its Velcro tab on back panel, cut or fold to desired size, and reattach to Velcro tab on back panel. (Fig. A)
2. Once belt is adjusted wrap belt around waist and secure with thumb pulls as shown. (Fig. B)
3. With belt positioned, align hip attachments with patient hips. (Fig. C)
4. Attach velcro tabs on both hip attachments to waist belt. (Fig. D)
5. Thread pull string through openings at top of hip shells for better compression and fit. (Fig. E)
6. Loosen bolt on thigh supports and position supports and cuffs as needed, then tighten bolt back when adjusted. (Fig F.)
7. Loosen bolt on back side of ball joints, and adjust to accommodate patient hips and maintain legs in midline. (Fig G)
8. Adjust range of motion for each side by loosening small bolt above ball joint assembly. Set flexion and extension tabs to desired settings.then tighten bolt back to fix range of motion. (Fig. H)
9. Secure cuffs to patient leg by wrapping straps around and use hook and loop ends to secure. If necessary straps can be shortened and trimmed to fit. (Fig. I)
10. Finalize fit by readjusting where needed for maximum support and comfort,

## CLEANING INSTRUCTIONS

Surfaces and parts may be cleaned by damp cloth using mild soap and water. Air dry only.  
 Do not washine wash or dry, bleach, iron or dry clean.

