

Hip Abduction Orthosis (H.A.O.)

Practitioner Fitting Instructions

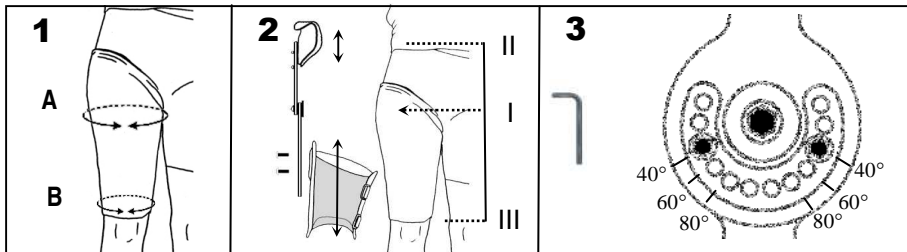
Initial fitter is required to be proficient at bending metal

(BENDING IRONS REQUIRED, NOT INCLUDED)

Provide per Dr.'s Rx only, Single patient use only

Patient should be fit lying down, unless otherwise instructed by physician

Thigh Assembly Sizing Chart				
SIZE	PROXIMAL (A)		DISTAL (B)	
SMALL	15"	22"	13"	19"
MEDIUM	18"	25"	15"	21"
LARGE	21"	27"	17"	23"



1) **MEASURE** thigh circumferences to determine thigh assembly size

2) **ADJUST LENGTH**

- ⇒ Assemble selected thigh module to joint with screws provided
- ⇒ Do not tighten screws, leave loosened for length adjustability
- ⇒ Slide pelvic section and thigh shell to initial length for patient

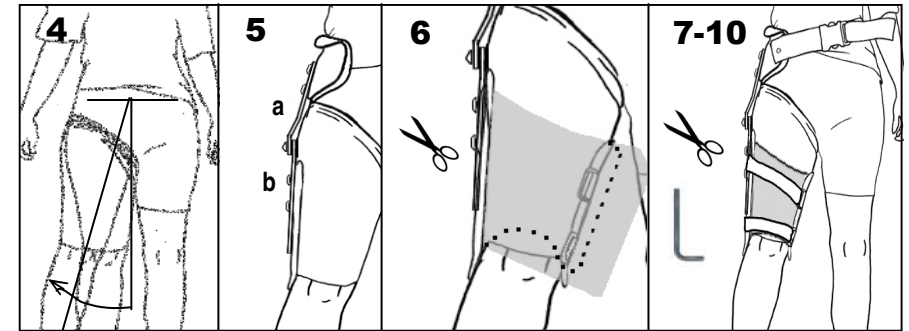
- I. Joint height at anatomical hip joint
- II. Pelvic section should be just inferior to distal rib margin
- III. Thigh module should maximize length while still allowing for knee flexion and clearance at the patella

3) **SET STOP(S)** for flexion / extension with hex wrench

- ⇒ Joint is preset to 40 degree flexion stop
- ⇒ Each hole equals 20 degree increments
- ⇒ Allow for 5 degrees of soft tissue displacement

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Practitioner Fitting Instructions (cont.)



4) **CONTOUR** to match patient's contours

- ⇒ Carefully position patient's leg in desired abduction angle

IMPORTANT: ⇒ Remove brace from patient to contour

- ⇒ Hip joint height and line of progression must be maintained when determining upright contours

- a) BEND proximal upright to position pelvic section to patient
This bend accommodates for hip/waist development
- b) BEND distal upright to align the thigh shell to the patient
This bend determines the abduction angle of the thigh

5) **APPLY** H.A.O. to patient (see "Patient Fitting Instructions")

6) **TRIM** polyethylene tongue for length and clearance around patella
Trim straps to correct length

7) **RECHECK** alignment of joint, pelvic section and thigh section

8) **TIGHTEN** all four screws

9) **FINISH** applying H.A.O. according to "Patient Fitting Instructions"

10) **TRIM** excess waist belt strap

11) **REVIEW** enclosed "Patient Fitting Instructions" with the patient and provide him/her with a copy