

# Hip Bilateral Brace with Flexion/Extension/Abduction

The ISO Preferred Hip Bilateral Brace with Flexion/Extension/Abduction reduces the time it takes to heal discomfort from injuries or post-surgery. Please follow your orthopedic professional’s instructions explicitly and adjust or discontinue use only as directed to achieve maximum benefit for your concerns.



ISO Preferred Hip Bilateral Brace with Flexion/Extension/Abduction (HI205) is intended to provide bilateral support for Lumbo-sacral area, hip, femur orthosis with adduction/abduction and internal rotation control; an additional support to lower extremity, to provide pelvic control, hip joint support and includes adjustable flexion/extension and abduction/adduction control on each side. Supports mild to moderate hip osteoarthritis, Hip revisions and surgeries, Pre-Op and Post-Op support, and Anterior or posterior hip dysplasia.

1. The belt at waist is designed to fit sizes Small-2XL (optional extension available: ISO-HI204). Adjust waist to size, fold over and reattach to back panel. (Cut as needed once proper fit is completed at Step 7). To apply, wrap belt around waist and using thumb pulls, secure to waist. Secure thumb pulls to belt.
2. Align hip attachments with patient’s hip. Secure both hip attachments to waist belt using the hook and loop tabs.
3. For better compression and fit, pull string through the opening at the top of each plastic hip piece.
4. Adjust and position thigh supports by loosening, adjusting and tightening the thigh bolt as needed with the wrench provided.
5. To fit to patient hip and align legs at midline, loosen the bolt on the back side of ball joint and adjust abduction/adduction as needed.
6. Adjust Range of Motion (ROM) for each side by loosening the small bolt at the top of ball joint assembly. After setting the extension and flexion tabs to patient needs, tighten small bolt at the top to maintain settings.
7. Secure to patient legs with hook and loop straps. Straps may be shortened and cut as needed.



Adjust and shorten straps as needed to provide optimum support and comfort.

**DO NOT OVERTIGHTEN.**

### ISO Hip Belt Extension: Universal (Optional-HI204)

For additional length at waist securely fasten the (optional) ISO Hip Belt Extension: Universal to each side of the ISO Hip Brace Belt.



## INTRODUCTION

Your **ISO Preferred Hip Bilateral Brace with Flexion/Extension/Abduction (HI205)** is designed to provide your body with the support and stability that it needs to successfully manage or eliminate your mobility concerns. It is critical that you follow your orthopedic professional's directions closely to ensure that the apparatus is worn properly and in the manner that will be most beneficial in addressing your issues. For correct application, please read the enclosed instructions and watch the on-line instructional video at [www.ISOpreferred.com](http://www.ISOpreferred.com) so that this device can provide you with superior long-term usability and care.

## USAGE RECOMMENDATIONS

It is vital that you read the included instructions and when applicable watch the instructional video for the **ISO Preferred Hip Bilateral Brace with Flexion/Extension/Abduction (HI205)** that is included here within. It is intended for the use of qualified professionals only. It is not recommended for patients to fit or apply or adjust their new brace without an orthopedic professional's expertise, unless otherwise instructed. Further questions in regards to adjustments or changes, frequency of use, and/or duration of use should be presented to your orthopedic professional, as they are familiar with your needs and conditions, for which this device was prescribed.

## CARE AND CLEANING INSTRUCTIONS

Please do not place your brace in the washing machine or dryer at any time. When preparing to clean your **ISO Preferred Hip Bilateral Brace with Flexion/Extension/Abduction (HI205)** you will want to separate the parts where applicable and care for them individually.

- Do not dry clean, iron, bleach, or use an abrasive cleaning instrument on any part of the brace. Failure to follow these instructions may damage your brace and void the manufacturer's warranty and it may no longer work properly.
- Remove the inner padding.
- Hand wash each section in cold water with a mild detergent. Lay flat to air dry.
- Allow all parts to air dry prior to reassembling the device.

## CAUTION

The **ISO Preferred Hip Bilateral Brace with Flexion/Extension/Abduction (HI205)** is for single patient use only. While every effort has been made to obtain maximum strength, function and durability, there is no guarantee that injury will be prevented through the use of this device, especially if the instructions are not followed correctly.

**DO NOT OVERTIGHTEN.**