

APPLICATION INSTRUCTIONS

1. Remove hinge from soft under brace.
2. Apply under brace to affected hip.
 - a. Wrap the waist belt around the mid-section and securely fasten with double sided hook & loop.
 - b. Wrap the thigh belt around the thigh and securely fasten with double sided hook & loop.
 - c. Trim excess belt material as needed once the under brace has been properly fit.
3. Prepare the hinge for application to the under brace.
 - a. Ensure the rigid thigh cuff is facing the anterior aspect of the thigh.
 - b. Adjust the abduction/adduction set screw so the strut is in a neutral position.
 - i. Adjustment can be made by using the short Allen Wrench to loosen the set screw directly below the ROM hinge.
 - ii. Once abduction/adduction has been set, tighten the screw securely.
 - c. Adjust flexion/extension stops to prescribed settings.
 - i. Adjustment can be made by using the long Allen Wrench to loosen the set screw on the top of the ROM hinge.
 - ii. Once flexion/extension stops are set, tighten the screw securely.
4. Apply the hinge to the soft under brace.
 - a. Align the top of the hinge with the top of the soft under brace and the lower thigh cuff with the bottom of the soft under brace.
 - b. Ensure the hook & loop tabs on the hinge firmly attach to the under brace.
 - i. Attach both split tabs on the top of the hinge.
 - ii. Attach the rigid oval support on the strut by removing the backing pad from the oval support.
 - iii. Attach the lower rigid thigh support.
5. Evaluate the alignment and fitment of the brace, adjust as necessary.
6. Apply optional cold therapy pack if desired.
 - a. Therapy pack can be chilled by placing in a refrigerator or freeze for 2 to 3 hours.



CLEANING & CARE:

Clean all mechanical parts with a damp cloth using mild soap and water. Hand wash all soft parts with mild soap and water and air dry. Do not bleach, do not iron, do not use a dryer.

CAUTION

- Application and fitting of the Ortho8 hip orthosis is intended to be done by a qualified professional only. It is not recommended for patients to attempt to apply, fit, or adjust this device unless specifically instructed to do so by an orthopedic professional.
- Consult with your healthcare provider with any questions regarding fitment, adjustment, or use (including duration and frequency of wear).
- Single patient use only.
- Consult with your healthcare provider immediately if any skin irritation occurs.

