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 struct 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.