

What is a hip abduction brace?

A hip abduction brace is a foam and plastic brace. It may also be called a Rhino cruiser. The brace:

- Wraps around the waist and each thigh.
- Keeps the legs and hip joints spread apart.
- Keeps the hips stable so they can develop the right way.
- May be used either just at night or all day and night. This is based on your child's needs.
- May take many months to get good correction.

Who will treat my child?

An orthotist will treat your child. Orthotists measure, design and fit braces.

What can I do to help prepare my child?

Tell your child it is normal for them to feel sore and tender.

- They may have just come out of a cast or splint.
- They may have bruising, swelling or be tender to touch.

You can also prepare your child for the brace.

- Wash them **gently** with warm soap and water.
- Remove any dry skin that is still on the skin from the cast or splint.

What should my child wear under the brace?

Dress your child in a diaper and a pair of thin, stretchy pants or tights. They should not have any zippers, snaps or thick waist bands.

How do I use the brace?

Talk with your child's doctor or orthotist about how to put on your child's brace. Some guidelines include:

- Put a fresh diaper and clean pants on your child. Clean the brace if needed.
- Place your hands under your child's bottom. Lift your child's bottom up with your hands. Put the brace on under their bottom. Do not lift your child by their legs.
- Wrap the foam around your child's thighs. Secure the Velcro straps around their waist and each thigh.
- It is OK for your child to sit, roll, pull up, stand and even walk in the brace as long as it is on and tightened the correct way.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

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- Adjust the straps so they are snug but not too tight.
 - Allow 2 to 3 fingers to be placed between the foam thigh pads and your child.
 - Allow 4 to 5 fingers to be placed under the waist strap.

How do I clean the brace?

Each day, dampen a washcloth with rubbing alcohol and clean the brace. Let the brace dry before putting it back on your child. Air dry or pat dry the brace as needed.

What are the risks?

The brace is designed to provide a stable way for your child's hips to heal. The brace may:

- Cause too much pressure or friction to the skin.
- Be placed too loosely. This means that the hips may not heal properly.
- Increase sweating.
- Increase the chance of your child falling. This is due to the way the brace holds their hips. Have your child learn to walk in the brace in a safe area and watch them closely.

What else do I need to know?

To help keep your child's skin, hips and brace in good condition:

- Do not change the brace limits set by your child's doctor or orthotist.
- Keep the brace away from space heaters or other forms of heat. Heat can melt the foam or plastic and damage the brace. It can also hurt your child.

When should I call Orthotics?

- Call Orthotics if your child has skin problems or if the brace does not fit well.
 - To schedule a visit, please call 404-785-3229.
 - On weekends or holidays, have your child wear the brace as tolerated. Then, call the next business day.
- Signs of skin problems may include:
 - Redness that does not fade within 30 minutes.
 - White areas or blisters.
 - Hard skin or calluses.
- Call Orthotics if you have any questions or problems with your child's brace.
 - Call if you have concerns about how the brace fits.
 - The fit may change due to your child's growth or other physical changes.
 - If your child needs a new brace, the doctor will need to write a new prescription.

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How do I reach Orthotics?

Orthotics addresses are listed below. To reach Orthotics by phone, please call 404-785-3229.

Children's at Meridian Mark
5445 Meridian Mark Road NE
Suite 200
Atlanta, GA 30342

Children's at Town Center
605 Big Shanty Road NW
1st floor
Kennesaw, GA 30144

Children's at Duluth
2270 Duluth Highway 120
Suite 200
Duluth, GA 30097

Children's at Fayette
1250 Highway 54 West
Suite 200
Fayetteville, GA 30214

Children's at Forsyth
410 Peachtree Parkway
Suite 300
Cumming, GA 30041

Center of Advanced Pediatrics
2174 North Druid Hills Road NE
Suite 601
Atlanta, GA 30329

Children's at Old Milton Parkway
3300 Old Milton Parkway
Suite 370
Alpharetta, GA 30005

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

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