

Hip Abduction Brace (Rhino Cruiser)



Patient and Family Education

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.

What is a hip abduction brace?

A hip abduction brace is a foam and plastic brace. The brace:

- Wraps snugly around the waist and each thigh
- Keeps the legs and hip joints spread apart
- Keeps the hips stable so they can develop properly
- May be used either just at night or all day and night, depending 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 prepare my child?

- In many cases, your child may have just had a cast or splint removed. The area may be bruised, swollen or tender to touch. Let your child know that this is normal.
- Wash away any dry skin from the cast or splint area before your child is fit for the brace.

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.

What are the steps to use the brace?

Your child's doctor and orthotist will teach you how to apply the child's brace. Some general 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. Apply the brace under his bottom. Do not lift your child by his legs.
- Wrap the foam around your child's thighs. Secure the Velcro straps snugly around the waist and each thigh.

How do I clean the brace?

Each day, dampen a washcloth with rubbing alcohol and clean the brace. Dry, as needed, before putting it on your child.

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

Hip Abduction Brace, continued

Risks, benefits and precautions

The brace is designed to provide a stable way for the hips to heal. However, the brace may:

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

What else do I need to know?

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

- Do not exceed 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 injure your child.

When should I call the Orthotics Department?

- Call the Orthotics Department if your child has skin problems or if the brace does not fit well. Please request an appointment for that day or the next business day.
 - To schedule an appointment, please see the numbers listed below.
 - On weekends or holidays, wear the brace as tolerated and call the next business day.
 - If your child needs a new brace, the doctor will need to write a new order for one.
- Signs of skin problems may include:
 - Redness that does not fade after 30 minutes
 - White areas or blisters
 - Hard skin or calluses

Call the Orthotic and Prosthetics department if you have any questions or problems with your child's brace.

Also, call if you have any concerns about how the brace fits. This may be due to your child's growth or other physical changes. A new prescription from a doctor will be needed for any new brace.

Orthotics Department - address and phone numbers

5445 Meridian Mark Rd NE
Suite 200
Atlanta, GA 30342
404-785-3229

3300 Old Milton Parkway
Suite 370
Alpharetta, GA 30005
404-785-3229

175 White St.
Suite 350
Marietta, GA 30060
404-785-3229

2270 Duluth Hwy. 120
Suite 200
Duluth, GA 300097
404-785-3229

6 Executive Park Dr. NE
Suite 50
Atlanta, GA 30329
404-785-3229

410 Peachtree Parkway
The Collection at Forsyth
Suite 300
Cumming, GA 30041
404-785-3229

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