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ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

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Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk

Rebound Hip Brace

Fitting and wearing your brace



Introduction

The Rebound hip brace is a special orthosis, which limits bending of the hip (flexion and extension) and crossing of the leg (adduction). It is a supportive brace but is not guaranteed to prevent hip dislocation or other injury.

Your doctor has determined that wearing a brace will aid in your rehabilitation. The purpose of this brace is to prevent the risk of hip dislocation.

It can be used for non-operative management as well after dislocation and reduction of hip.

This leaflet will explain the things that you should do for the duration of time that you are required to wear your brace.

The brace is supposed to be worn all times during walking but can be taken off whilst in bed.

Patient Prescription

Patient name:

How long is the brace required?

2 weeks 6 weeks other.....

When does the brace have to be worn?

24 hours Walking only other.....

Can the patient turn themselves independently in bed without the brace?

Yes No

Can the patient put the brace on independently?

Yes No

Can the patient wash themselves without the brace on?

Yes No

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Prabin Gurung

Department: Physiotherapy

Version: 1

Published: March 2019

Review: March 2021

Application

Lie flat on your back, on a flat bed – make sure that you're in a straight line.

Bend affected leg and roll towards the unaffected side.

As you roll try to keep your shoulder, hips and knees in line with your knees and heels together.

Find the top of your pelvis as the top of the belt aligns with the top of your pelvis.





The belt should be half folded and left behind your back.

Removing the hip brace

To remove the brace, loosen the thigh strap first and then the pelvic belt, this can be done in lying or sitting on the edge of the bed.

Skin Care

- Skin should be washed with mild soapy water or wipes, without wetting the dressing.
- Ensure skin is dried before you put the brace back on.
- Check the skin for any red marks or areas.
- Any skin breakdown will need reviewing and monitoring by registered nurse.

Washing instructions

The soft goods should be hand washed in warm water with mild detergent. Do not bleach. Air dry flat. Do not use a tumble dryer and do not place the product on any warm surfaces. The plastic components can be wiped clean with a damp cloth.

Then you roll onto your other side and pull the belt out and align with your top of your pelvis.





Side View



Roll onto your back take the crescent (light grey) Velcro off the both ends of the belt.

Back View



Then undo the Velcro in the belt itself and put 3-finger gap and attach the Velcro on the belt and the extra crescent (light grey) Velcro as well.



You can slide your hand on the crescent (light grey) Velcro and strap over your body



These pictures demonstrate how the hip brace looks from the front, side and back view.



Front View



Ensure the belt is centerline, the brace and thumb loops are all located properly.



Then again roll onto your unaffected side, take the belt off and place the hip plate on top your pelvis and move it slightly backwards about 1-2 cm.





Then put the belt on and strap it back. The hip plate will attach to the belt as it has its own Velcro.



Then using the thumb loop tighten the brace by pulling on the elastic strings to make it more snug.

The bottom part of the hip plate, keep 3 fingers gap above your knee and strap it on. The physio on the ward will measure you up for this part.

