

## INFORMATION FOR PATIENTS

---

# Hip abduction brace

---

### Why do I need to wear the brace?

Hip abduction braces are usually prescribed following hip dislocation. The hip brace works by preventing excessive hip flexion (bend) and holds your hip in a position away from your body (abduction).

In this position your hip is least likely to re-dislocate. It is strongly advised that you move your leg in this position otherwise the hip brace will twist and feel uncomfortable.

The brace acts a reminder, and the mechanism can be overridden. Walking and standing with your feet apart will help to prevent further dislocation of the hip.

The brace has been fitted for your use only. Do not adjust it or fit it to anyone else. It is important to wear the brace as instructed.

### When do I need to wear the brace?

You should wear your hip brace for as long as directed by your consultant. Generally, the hip brace needs to be worn at all times.

If you are allowed to remove the brace, it is advised that the hip brace is put on before you get out of bed to prevent any dislocation whilst getting out of bed. It is advisable to wear underwear over the top of the lower section of the brace so that the brace remains in place when using the toilet.

### How should I put the brace on?

The person who fits your brace will explain how to do this.

Once you are at home continue to use the same method. You may need assistance to put the brace on.

### Precautions

There may be some red marking of the skin when you remove the brace, this is normal, and the marks should disappear within half an hour.

It is important that you check your skin regularly, especially if you have altered sensation.

### What happens next?

Once your consultant is happy for you to stop wearing your hip brace, this can be discarded. You do not need to return your brace to the hospital.

### Eligibility

You are normally provided with one hip brace.

Please keep this leaflet safe for future use. You are now able to contact the department directly for orthotic care as required.

If you need a review appointment, or if the orthosis requires servicing or replacement, you **do not** need to be referred again.

If there are new symptom(s)/condition(s) that are unrelated, a new referral will be required to be assessed for further orthotic management.

**Contact details**

Orthotics Department  
Clinic 2  
King’s Treatment Centre  
King’s Mill Hospital  
Sutton in Ashfield  
Notts  
NG17 4JL

**Clinics are held at:**

- Clinic 2, King’s Treatment Centre
- General Outpatients, Newark Hospital
- Neuro Rehabilitation, Mansfield Community Hospital.

The contact telephone number for **all** orthotic queries is 01623 676163.

**Your brace has been fitted by:**

.....

**Role:**

.....

**Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)  
Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

**Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King’s Mill Hospital:** 01623 672222  
**Newark Hospital:** 01636 685692  
**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

<p>To be completed by the Communications office  Leaflet code: PIL202409-06-HAB  Created: July 2017 / Revised: September 2024 /  Review Date: September 2026</p>
--