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# Hip Abduction Brace

## Parent/Caregiver Information

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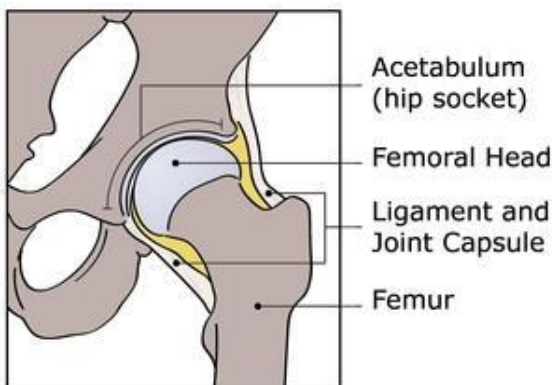


Your doctor has prescribed the hip abduction brace for treatment of your baby's hip dysplasia.

Follow these instructions carefully to achieve the best possible treatment outcome.

If you have any concerns regarding the fit or function of the Rhino, please call the DDH Coordinator on 021 951 261 or after hours 021 628 224.

The Rhino brace is designed to maintain the legs in abduction and flexion or a 'frog leg' position.



This ensures that the head/ball part of the hip joint is held into the socket/cup part, encouraging growth in the correct areas and allowing development of the shallow part of the socket.

The Rhino hip abduction orthosis is designed to be used in infants from 3-24 months and allows some movement. Infants are able to learn to roll, sit, commando crawl and toddlers can actually walk in the brace. Normal symmetrical crawling on hands and knees is not possible with the brace.

## **Your baby's Rhino brace should be worn**

- ☐ \_\_\_\_\_ hours a day
- ☐ At all times and is only to be removed for bathing
- ☐ Whilst your baby is sleeping, during the day or night

## **To put the brace on correctly, follow these steps**

1. The Rhino brace should always be worn over the top of clothes. Stretchy pants or leggings are best, and thickness and materials should be appropriate to the season.
2. To apply the brace, use either of these two methods you find more comfortable:
  - The first option is to lay the baby on their back and lift the legs to slide the brace underneath their bottom.
  - Second option is to place the brace on the change table with all the straps open and place the baby down into the brace.
  - Your baby should fit roughly in the middle of the brace.





3. Once the brace is in position, fasten each thigh into the brace using the velcro straps. The foam padding should wrap around the thigh and tuck tightly into the back of the brace. The straps should be then done up firmly around the thigh.



4. The waist strap should be then fastened with about three or four fingers under the strap whilst doing up the Velcro. This allows some room under the waist strap so that it is not too tight for sitting.



## **How will my baby cope?**

Your baby may be upset at first and it is not uncommon to have a couple of sleepless nights, but this should reduce within 3-4 days. We believe the grumpiness is related to the restriction of movement and the inability to rest in a 'comfortable' position. If your baby is still upset constantly after 3-4 days, please contact our office.

## **What can my baby do in the brace?**

Depending on the age and level of development of your baby, tummy time, rolling, sitting etc are all encouraged. Obviously, all babies are different and may achieve these milestones within different time frames.

The important thing to remember is: There are no restrictions on what your baby can do whilst in the brace.

## **How do I keep it clean?**

Invariably the brace will get dirty over time. The plastic is easily cleaned by wiping down with a cloth or baby wipe. The foam can also be cleaned in the same fashion but will slowly darken in colour over time. Straps can be hand washed using a mild soap and warm water, 'defluffing' is often necessary every couple of weeks. Eventually the straps will require replacement due to the velcro wearing out.

## **Skin problems**

The most common spot for rubbing is behind the knees – you can use a nappy rash cream to prevent or manage this.

Skin problems are more common in babies prone to eczema – use cream as directed

We tend to see more skin rashes in spring and summer.

## **How will my baby fit in the car seat?**

This is often a problem with infants over six months in abduction braces and those under six months still in a capsule. If the car seat cannot be adapted safely for use then the brace must be removed for car trips.

## **Review appointments**

Your baby will need to be reviewed regularly whilst wearing the brace.

Review times will vary with age and diagnosis.

Your Doctor will indicate when you should be reviewed. If you have not received an appointment, please call OOPD on 03 364 0800 and ask to speak to your Surgeon's Secretary.

If the function of the brace is compromised, or your baby is uncomfortable, because they have grown significantly, please ring the DDH Coordinator on 021 951261 to order the next size up.

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha