

# Wear & Care Instructions

## Escort Hip Brace

Steeper manufactures a quality range of orthotic products and to help you care for the product, this leaflet provides information on how and when to use your prescribed orthosis, how to care for it and how to contact us if you have a problem or require a replacement.

### Care & Cleaning

The brace should be removed at least once a day to check the condition of your skin. This should be carried out by a health care professional whilst you are an inpatient on the ward, and then by yourself once you leave hospital. If you experience skin irritation, broken skin or the brace causing undue pressure please seek advice from your doctor or health care professional.

Plastic sections can be wiped with a cloth using soap and water. Liners may be removed and washed at 40°C in a washing machine and tumble dried.

### Applying the Orthosis

To put your brace on, sit on a bed with your leg out straight in front of you.

1. Wrap the top section around your waist - see picture above. Make sure it fits snugly into the waist and fits evenly on each side of the body, then fasten the clip buckle.
2. Gently lift your thigh, to a level whereby the thigh section of the brace can be passed under the thigh, ensuring that the hip is bent as little as possible.
3. Position the thigh inside the thigh section, with the black thigh strap just above the knee.
4. Slot the tongue between the soft lining and the hard outer shell and fasten the buckle.

#### IMPORTANT

The advice and information contained in this document is not intended as a substitute for medical counselling. If you have any questions about treatment for a specific condition, please check with a health care professional.



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