

Hip Abduction Brace (Rhino Brace)

Why use the hip abduction brace?

The hip abduction brace is used to treat your child's hip problem. It holds your child's hips apart and flexed. This is called in an abducted position. Your child's doctor will tell you how to use the brace. The brace may cause some redness of the skin. It will not cause harm to your child when you use it the way that the doctor tells you.

How do I use the brace?

- Do not let the brace touch your child's skin. Your child must always have clothing between the brace and the skin. Long pants or lightweight pajamas are good to put on your child.
- Your child may need a special car seat. This will depend on their size and how long they will be wearing the brace. Ask the nurse to see if your child's car seat fits the way it should. If a HIPPO car seat is needed they will help you.



How do I clean the brace?

- Wash the foam on the brace with a washcloth and body soap. You may use the same soap as you use for your child. Do this two or three times each week. Wash the foam more often if it is dirty.
- Do not put the brace in the washer or the dryer. This will ruin the brace.
- Use a soft towel to dry the foam. Be sure it is dry before you put the brace on your child.

How do I put the brace on my child?

1. Have your child should lie down on their back.

- Put your hand under your child's buttocks to raise the hip area upward. As you lift your child's buttocks, use the other hand to slide the brace under your child. Never lift your child up by the legs.
- When the brace is under your child's buttocks, check that they fit properly in the brace.

2. Attach the leg straps of the brace one at a time.

- Tuck the foam of the brace snugly around your child's thigh.
- Fasten Velcro® strap. Do the same for other leg.

3. Fasten the waist strap.

- Be sure that this strap is loose enough for your child's comfort. You should be able to fit your fingers under the strap easily. The strap can be adjusted as needed for comfort.



ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.