

Hip abduction brace (rhino brace)

Why use the hip abduction brace?

The hip abduction or rhino brace is used to treat your child's hip. It holds your child's hips apart and flexed. This is called in an abducted position. Your child's provider will tell you how to use the brace. This includes how many hours they should have it on and how to put it on.

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. Tight-fitting 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 safely fits in their car seat.



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. Use a soft towel to dry the foam. Be sure it is dry before putting it back on your child. Do this 2 to 3 times each week.
- Do not put the brace in the washer or the dryer. This will ruin the brace.

How do I put the brace on my child?

1. Have your child lie down on their back.

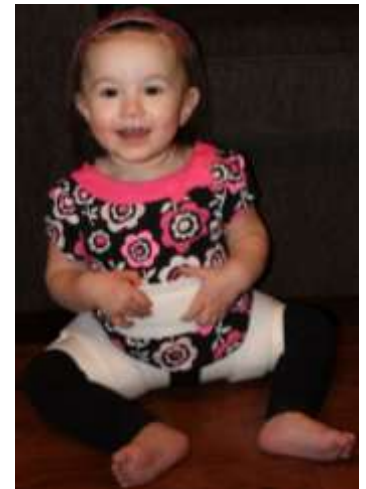
Put your hand under your child's bottom to raise the hip area up. As you lift their bottom, use the other hand to slide the brace under your child. Never lift your child up by the legs.

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

Tuck the foam of the brace snugly around your child's thigh. Then fasten Velcro® strap.

3. Fasten the waist strap.

Be sure that this strap is loose enough that you can fit 2 to 3 fingers underneath. 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.

Nurse line: (414) 266-2411 Monday through Friday 8am until 4:30pm.

Please call if:

- Your child no longer kicks their leg or legs.
- Your child has discomfort or uncontrollable crying.
- Your child has skin folds that get red or sore
- A strap gets too tight or causes a sore or open area on the skin.
- Any other concerns arise

For other health and wellness information, check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>

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.