

Hip Arthroscopy
Hip Brace Instructions

1. The hip brace is to help protect the capsular tightening (capsulorrhaphy) done on the hip.
2. The brace is set to:
 - a. 30° to 90° of flexion to **prevent extension** of the hip.
 - b. Neutral rotation to **prevent external rotation** of the hip.
3. The brace is used for 3 to 6 weeks following surgery. The following is your duration of brace treatment:
 - a. 6 weeks
 - b. _____ weeks
4. The brace is to be worn at all times including while sleeping. The brace can be removed for bathing and for use with the CPM.
5. If there are problems with the brace, please contact our brace supplier, DJO, at the following number:
 - a. 859-221-1397

