ORTHOLESE

Shaping lives

A guide to your Hip Spica

Your Hip Spica

You have been provided with a Hip Spica, which your Orthotist has designed to control, support and stabilise your lower lumbar sacrum and hip. This guide provides you with information on how you should wear and care for your Hip Spica.

Every Ortholese Hip Spica is unique and made to your Orthotist's precise specification and measurements, to ensure maximum effectiveness and comfort. Depending on your condition, the Hip Spica may be single or dual (goes over one or both thighs), and made from a lightweight material to aid easy movement and minimise discomfort.

Wearing the Hip Spica

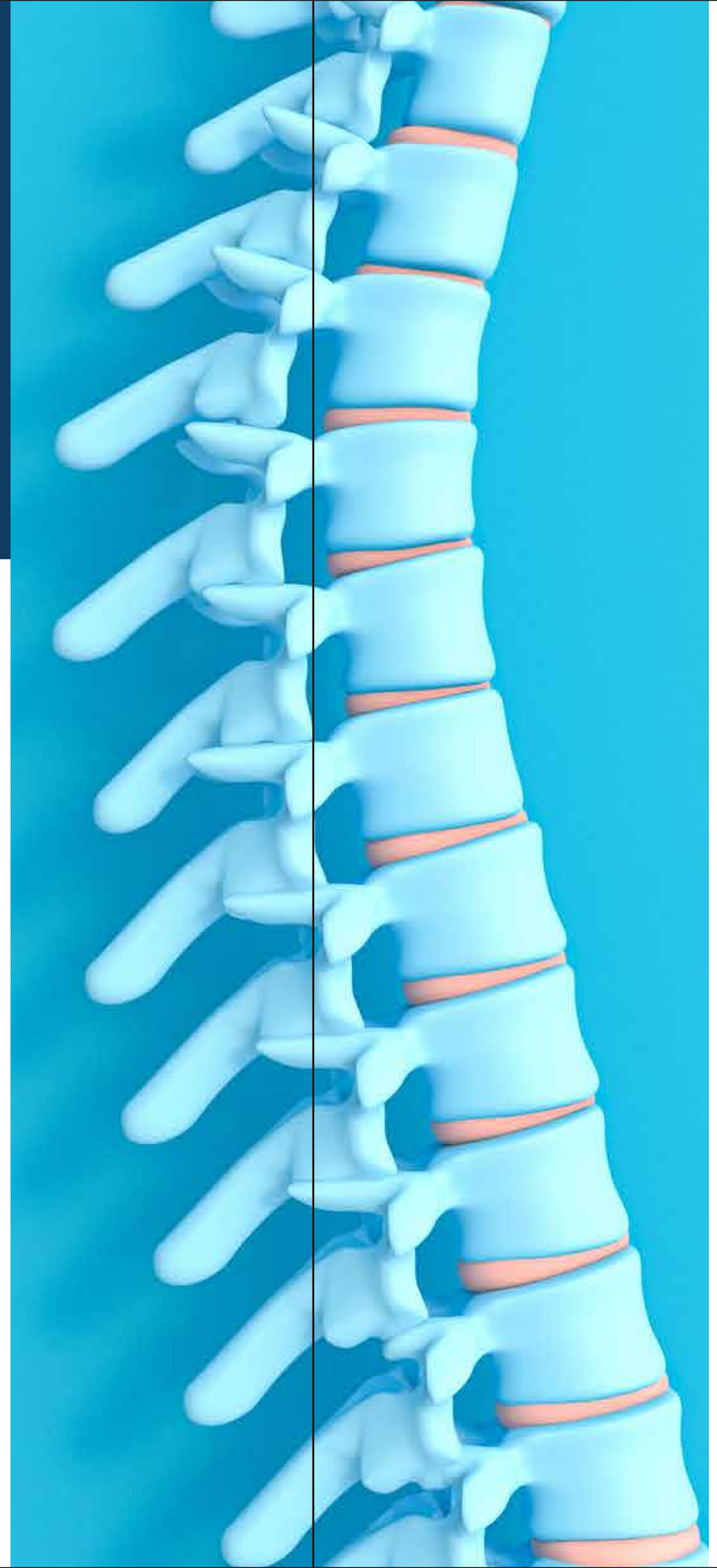
- Before putting on the Hip Spica, we recommend wearing cotton pants/shorts and a vest/t-shirt which cover all areas of the skin that come into contact with the Hip Spica. For maximum comfort, ensure that they are well fitting to avoid any creases inside the Hip Spica.

- Your Orthotist will show you how to put your Hip Spica on. Make sure your Hip Spica fits comfortably around your waist and thigh(s) and fasten all straps firmly so that it is secure, ensuring you can get two fingers in between the Hip Spica and your stomach.

- You may need to buy slightly larger clothes that fit comfortably around the Hip Spica, and give you adequate room.

- Your Orthotist will tell you how long the Hip Spica should be worn for and provide you with a wearing regime. Make sure that you follow this regime to ensure you gain maximum effectiveness from your treatment.

- It can take time to get used to wearing your Hip Spica. Whilst your Orthotist will ensure that it is as safe and comfortable as possible for you to wear, it will alter the way you move. We advise that you gradually build up the length of time you wear your Hip Spica to help you become accustomed to it, and to ensure that it will not cause any ill effects, such as skin irritation or damage.



Caring for your skin

Your skin will gradually build up a resistance to the Hip Spica, but some redness of the skin can be expected because it has been designed to apply specific pressure to your body.

It is important that you regularly check your skin for any signs of soreness, especially in the first few days. If you experience any pain, discomfort, blistering, numbness or severe redness of the skin, please report it to your Orthotist.

Caring for your Hip Spica

To clean your Hip Spica, simply wipe over with a damp cloth and leave to dry. Do not use any harsh chemicals or cleaning products.

Please do not try to adjust the Hip Spica yourself. If you feel that it is not fitting correctly, then please contact your Orthotist.

About Ortholese.

With over 30 years' experience, we are experts in the manufacture of orthoses. We have built a reputation of providing the highest levels of quality and accuracy and are proud to work with Orthotists across the UK to make a considerable difference to patients' lives, promoting wellness and independence.

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Contact

If you have any questions or need further advice about your Hip Spica, please contact your Orthotist.

Orthotist:

Contact number:

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