

## Gluteus Medius Repair Hip Brace Instructions

### Hip Gluteus Medius/Minimus Repair Hip Brace Instructions

1. The hip brace is to help protect the repaired tendons 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 excessive internal/external rotation** of the hip.
  - c. 15° abduction to reduce tension on the repair.
3. The brace is used following surgery. The following is your duration of brace treatment:
  - a.  6 weeks
4. The brace is to be worn at all times including while sleeping.
5. If there are problems with the brace, please contact our brace supplier, BlueGrass Bracing, at the following number:
  - a. 866-661-5500

