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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

