

## INSTRUCTIONS FOR RHINOCRUISER HIP ABDUCTION ORTHOSIS

The doctor has prescribed the Rhinocruiser Hip Abduction Orthosis for your child's hip dysplasia.

### **APPLICATION OF ORTHOSIS:**

Lie child supine and lift child by pelvis and slip rhinocruiser underneath. The affected hip should be placed in first. Due up the thigh strap snugly first and then the other thigh strap. Lastly, the waist strap should be done up loosely. The child should always have clothes between the foam and their skin. The plastic used in the orthosis is flexible and children who are walking will be able to walk in the brace. It is difficult to crawl in the brace but children will scoot around and are able to roll over and sit in the brace as well.

### **ACCEPTANCE OF ORTHOSIS BY YOUR CHILD:**

Acceptance by your child is easier if they have had a similar orthosis previously such as the Pavlik Harness, or if they are still relatively young. Acceptance also depends on your child's individual personality. Some things you cannot change. However, be aware that your attitude towards the orthosis will influence their acceptance.

In order to increase acceptance and comply with the wearing instructions:

- ÿ Make sure that you feel comfortable with your child's treatment. Have all your questions been answered?
- ÿ Make sure that you feel comfortable with putting the rhinocruiser on your child. Have all your questions been answered?
- ÿ Calmly reassure your child and make it a part of their routine.
- ÿ Decorate with stickers to customize it. Involve your child if they are old enough.
- ÿ Continue with well-loved activities and make sure that your child gets plenty of your affection and playtime.

**HOURS OF WEAR:** Your doctor will instruct you on hours of wear per day as well as the total duration of treatment. Please follow his/her instructions carefully for best treatment results. If you have any questions regarding wearing time, and treatment protocol, please contact your doctor.

**CLEANING OF ORTHOSIS:** Washing the foam is best accomplished with a wash cloth and a non-allergenic body soap that your child is used to. Wipe down the orthosis a minimum of 2-3 times a week and more frequently as needed.

**MAINTENANCE OF ORTHOSIS:** Normal wear and tear on the orthosis may require refurbishing over time by replacing straps and repairing foam tears. Please call to book an appointment for repairs. After the three month warranty period, repairs may incur a cost. Please ask your clinician regarding any details of repair costs.

**FOLLOW-UP APPOINTMENTS:**

It is important to book a follow-up appointment if...

ÿ You have unanswered questions or feel uncomfortable about using the orthosis.

ÿ You have difficulty in getting your child to wear the orthosis for the required treatment time period.

ÿ You feel that your child has grown and you are concerned that the orthosis may no longer be fitting your child properly.

ÿ You notice a stress sign on the bottom of the rhinocruiser. An area of white on the blue plastic indicates stress.

ÿ You require repair of Velcro strapping or loops and/ or the protective white foam in order for the rhinocruiser to work properly.

ÿ Your child suddenly refuses to wear the orthosis because there is discomfort or redness occurring. This may be due to growth or changes within the orthosis.

Thank You,

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