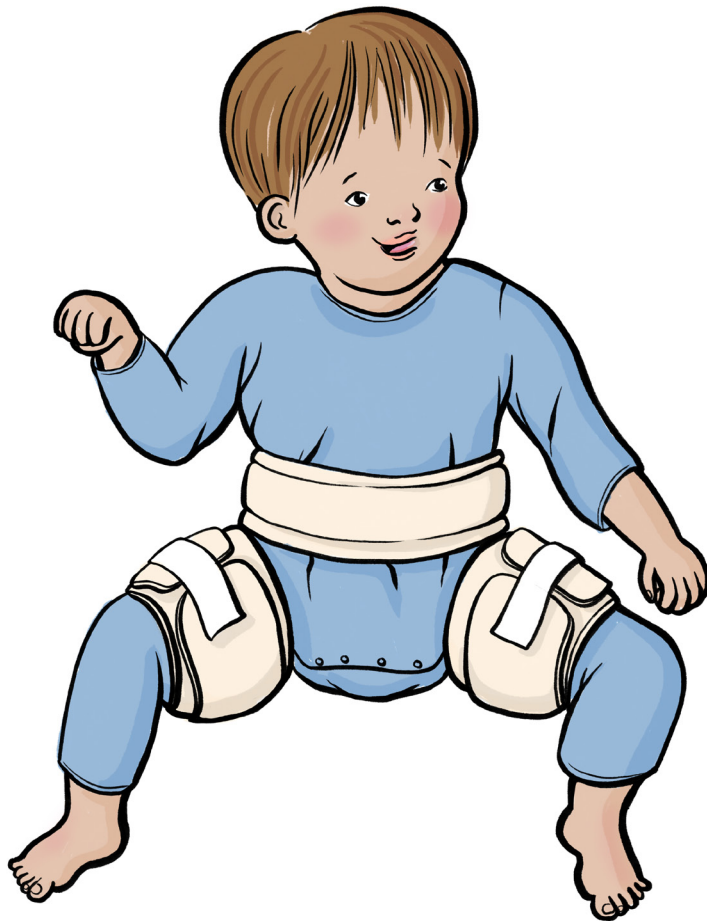


Abduction Brace



What is an abduction brace?

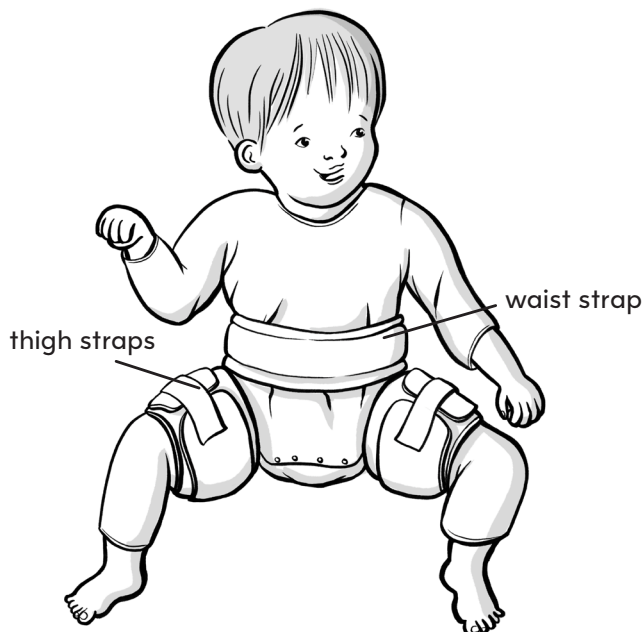
An **abduction brace** is a stiff plastic brace used for babies or toddlers with a hip disorder. The abduction brace limits the range of hip movement and positions the hip joint in a way that promotes healthy hip development. Abduction brace can be used as first treatment or after hip surgery. Abduction brace is fitted by your child's surgeon, orthotist or nurse specialist.

Use the abduction brace according to your doctor's instructions (e.g. 23hrs/day, night time wear). Your doctor will determine how long your baby will use the brace.

Care at home

How to apply the brace at home

- Lie your child on his/her back and lift supporting your child's hips and thighs until you are able to slide the brace under their bottom.
- Ensure the cross bar is as **close to the thighs as possible**.
- Tighten the thigh straps first, then the waist strap.
- There should be approximately **one finger width space** under the thigh straps. Waist strap should be just touching the abdomen.



Clothing

Clothing (e.g. tights, long pants, light weight pyjamas, and leggings) should be worn under the brace to prevent chaffing. Assess baby's skin regularly, especially on the calves where padding occasionally can rub.

Out and about

Your baby should fit to the usual car seat and buggy without any problems. Occupational therapist review can be arranged if required. Long journeys are not recommended.

Sleeping

Your baby will need to sleep on their back in the brace. If you are using a baby sleeping bag, you may need bag in a larger size to fit comfortably over the brace.

Feeding

If you are breastfeeding, you will be able to continue while your baby is using abduction brace. You may need to try different positions until you will find a way which is comfortable for you both. You could try curling up next to your baby, under arm "rugby hold" or using a breastfeeding pillow to support your baby.



Positioning

Supervised tummy time is important even when your baby is wearing abduction brace. Tummy time decreases the risk of developing flat spot on baby's head, promote body stability, limb co-ordination and head control. A rolled up towel or small pillow can be used to support your child's legs and/or under their chest.

Cleaning the brace

Wipe down the foam with **soft cloth and mild soap** (e.g. body soap works well). Wipe down the brace **2-3 times/week** or more frequently if required.

Do not use in dishwasher, washing machine or dryer as these will destroy the brace.

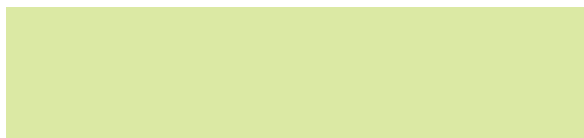
Follow Up

How long your baby will have to wear the brace depends on severity of your baby's hip condition or fracture.

Your baby will have regular follow-up appointments with your orthopaedic doctor to monitor the progress. Your baby may need ultrasound scans (USS) or x-rays during the visits.

If you have any concerns please contact us

Your Nurse
Specialist:



Clinic Hours (8.30am-5.00pm)

Please call and leave a message
for the Paediatric Orthopaedic
Outpatient Clinic Nurses on:
(09) 307 4949 ext 22537

After Clinic Hours

Please visit:
Starship Childrens Emergency
Department, Level 2
Starship Childrens Hospital

For more information, visit us online at [starship.org.nz](https://www.starship.org.nz)

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