



CAUTION: FEDERAL LAW (U.S.A) RESTRICTS THIS DEVICE TO SALE BY OR ON THE ORDER OF A LICENSED HEALTH CARE PROFESSIONAL.

# H I P B R A C E

**BEFORE USING THE DEVICE**, PLEASE READ THE FOLLOWING INSTRUCTIONS COMPLETELY AND CAREFULLY. CORRECT APPLICATION IS VITAL TO THE PROPER FUNCTIONING OF THE DEVICE.



## HIP BRACE

**Intended Use/Indications:** Post-operative stability, hip dislocation, hip instability.

**Intended User Profile:** This device is intended for users who are physically and mentally able to perform the instructions described in the IFU.

**Contraindications:** None

**Warnings and Precautions:** If you experience any pain, swelling, sensation changes, or any unusual reactions while using this product, consult your medical professional immediately.

### DIRECTIONS

**01** Place iliac crest plate on iliac region of the torso. Wrap torso belt around the waist and secure the Velcro pad to the iliac crest plate. Pull A-frame Velcro tab towards belly button until waist strap is snug. Secure A-frame tab to belt.

**02** Place thigh plate against the Vastus lateralis muscle (IT band). Wrap quad strap around the thigh and secure the pad to the thigh plate. Pull A-frame Velcro tab towards the inside of thigh until snug. Secure A-frame tab to strap.

**03** Using provided Allen wrench, turn the top worm gear Allen nut counterclockwise to apply slight pressure to patient thigh. Repeat process on bottom worm gear to create a firm pressure on patient thigh. The anterior and posterior adjustments can be fine-tuned for patient comfort.

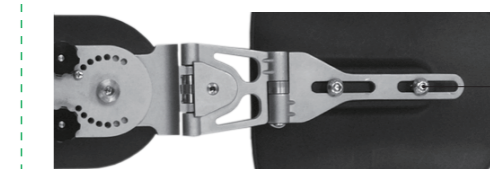
Create a firm pressure on patient thigh.



The bottom worm gear.

### HEIGHT AND WIDTH ADJUSTMENTS

To adjust height, remove both waist and thigh belts from hinge plates. With provided Allen wrench, loosen Allen bolts on both waist and thigh plates. Slide plates until desired height is achieved.



Width can be adjusted with the provided Allen wrench on the locking Allen bolt.

### SIDE ADJUSTMENTS / RIGHT TO LEFT /

The Arctic Hip brace is pre-set for the Right Hip. To adjust to the left side. Remove the alligator Velcro tabs from the Iliac plate and thigh plate. Apply to opposite side of Iliac plate and thigh plate.

### COLD THERAPY ATTACHMENT

Fold cold therapy pad and insert in to provided cloth pouch. Close the Velcro straps around the tubes to secure. Using the provided double sided Velcro tabs, attach the Cold Therapy pouch to the waist belt and the thigh pad.

**\* See your medical professional instruction for cold therapy use.**

### CLEANING INSTRUCTIONS

- Hand Wash with soap in 30-degree water
- Do not bleach
- Do not Iron

### MATERIAL CONTENTS

Material Lists including hinge/metals

### WARRANTY

Arctic Bracing, LLC will repair or replace all or part of the unit and its accessories for material or workmanship defects for a period of six months from the date of sale.

**\* RX ONLY / FOR SINGLE PATIENT USE**