



Council Directive 93/42/EEC  
of 14 June 1993 concerning  
Medical devices

# **Bledsoe Philippon Post-Arthroscopy Hip Brace**

*Application Instructions CP020204 Rev B 08/07*

**NEW LIGHT WEIGHT AND EASY TO USE POST-ARTHROSCOPY HIP BRACE**



This device is offered for sale by or on the order of a physician or other qualified medical professional. This device is not intended for reuse on a second patient or for extended use beyond 180 days. This device is not intended to prevent injuries or reduce or eliminate the risk of reinjury.

**Indications:** This device is indicated to help provide limited motion control of hip flexion when needed following hip arthroscopy.

**Contraindications:** Contraindicated for controlling fractures of the femur or pelvis.

**WARNING:** Do not leave this device in the trunk of a car on a hot day or in any other place where the temperature may exceed 150° F (65° C) for any extended period of time. If any additional pain or symptoms occur while using this device, seek medical attention.

**Warranty:** This device is warranted to be free from defects in material and workmanship for a period of 90 days. This warranty is applied to devices that have not been modified or subjected to misuse, abuse or neglect.

Manufactured by:

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**For product information or questions pertaining to sales or service, please  
contact your area sales representative or Bledsoe Brace Systems directly.**

# Bledsoe Philippon Post-Arthroscopy Hip Brace Application Instructions



**1.** Unfasten the hook closure on the waist strap. Be certain to fold the end of the strap back onto the hook piece to prevent entanglement.

**2.** Position the Hip Brace against the side of the hip with the center of the hinge positioned about 1"(2.5 cm) above the greater trochanter (hip bone). Note where the uprights must be bent to fit the leg and upper pelvis. Form the uprights to achieve a proper fit allowing some clearance between the hinge pad and the hip to allow for swelling.

**3.** Curve the formable waist shell by hand to fit the waist and upper pelvis. Also hand form the thigh shell to fit around the muscles of the thigh.

**4.** Unfasten the two thigh straps and allow them to unroll. Pass the end of each thigh strap beneath the thigh and out the medial side. Also pass the end of the waist strap behind the waist. Position the tubular foam waist pad on the waist strap so that it is centered on the opposite hip.



**5.** Slip the end of the waist strap through the D-ring. Remove the two double sided hook pieces from the strap and reposition them to allow several inches of adjustment beyond the D-ring.

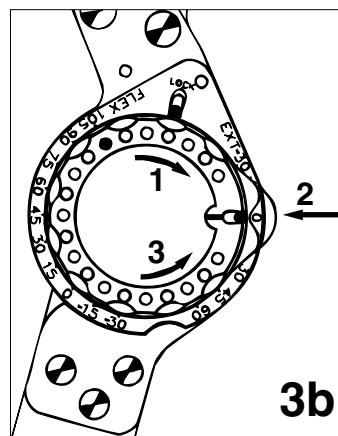
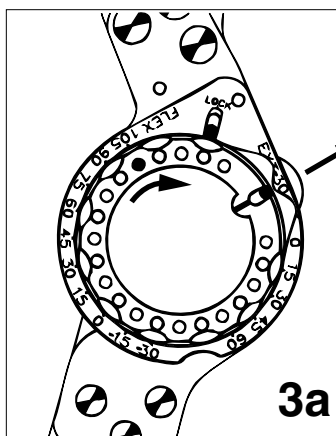
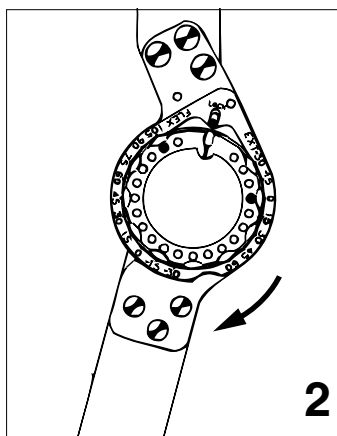
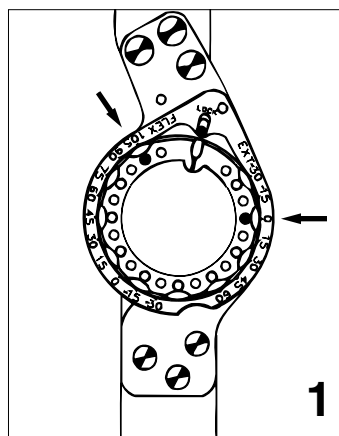
**6.** Tension the waist strap, press the end of the strap onto the hook pieces to close, and trim the excess strap length.

**7.** Pass each thigh strap through its respective D-ring. Pull each strap back to tension and press the hook end to close.

**8.** The hip brace is now in position and ready to set the hinge limit adjustments. Refer to the separate instructions for setting the flexion and extension limits on the Bledsoe Simple Hinge.

# Bledsoe Philippon Post-Arthroscopy Hip Brace

## Hinge Setting Application Instructions



### OBSERVE PRESENT LIMITS

1. Note the present limits by viewing the pins visible in the dial holes.

### PRE-SET RANGE

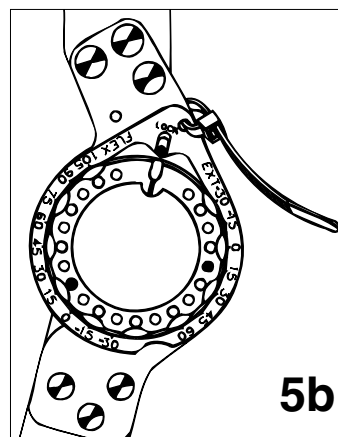
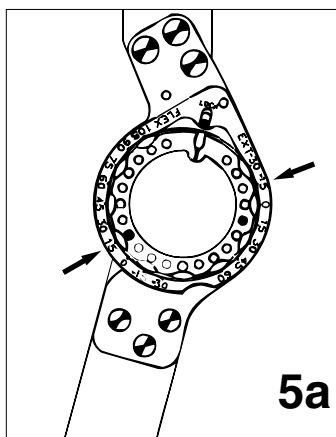
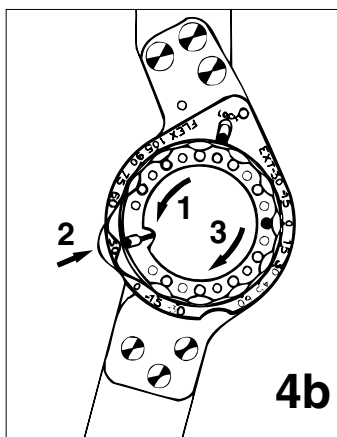
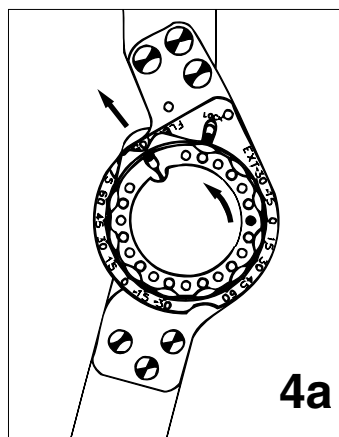
2. Place the hinge in between the limits of desired motion before attempting to set the limits.

**NOTE:** Extension limits can be set from 30°-60° in 15° increments. Flexion limits can be set from 30°-105° in 15° increments.

### SET EXTENSION LIMIT

3a. Rotate the dial toward the scale marked EXTENSION until the disc pops out.

3b. Continue rotating the dial to the desired extension setting, (1) push in on the disc firmly until it is seated, (2) and while holding the disc in, rotate the dial back to the original "LOCK" position to capture the setting (3).



### SET FLEXION LIMIT

4a. Rotate the dial toward the scale marked FLEXION until the disc pops out.

4b. Continue rotating the dial to the new desired setting, (1) push in on the disc until seated, (2) and while holding the disc in, rotate the dial back to the "LOCK" position to capture the limit (3). The limits are now set.

### ADDITIONAL NOTES

5a. To lock the hinge at any setting (in 15° increments) set both limits to the same number. Set one, then move the hinge against that limit and set the other limit.

5b. To prevent tampering with the hinge setting, insert a cable tie wrap (six provided) into the hole just above the lock pin slot. In order to change the limits, cut the cable tie wraps.