

# PATIENT INSTRUCTIONS

Newport<sup>®</sup> lite<sup>™</sup>



ORTHOMERICA<sup>®</sup>

Your physician has prescribed the Newport® lite™ hip orthosis to support your hip, promote pain relief and healing. Follow your physician's directions for specific information about when to wear the orthosis and for what period of time. If you experience discomfort, please contact your healthcare professional.

- 1 Open the front panel and position the orthosis around your back.

Overlap the belt to secure it.



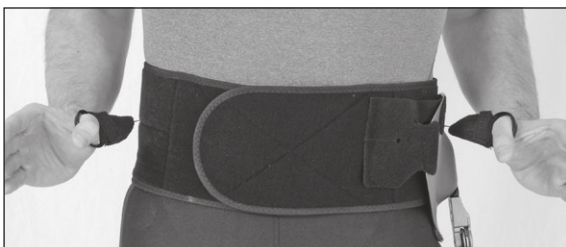
- 2 Grasp the end of the thigh strap and wrap it around your thigh. Press the strap down onto the Velcro® on the thigh cuff to secure it into place.



- 3 Grasp the compression pull tabs on the sides of the orthosis. Pull the tabs forward until the orthosis is secure.

Attach the pull tabs to the front of the belt.

The orthosis provides the most support when it is applied snugly. Consult your physician for any special instructions.



- 4** To remove the hip orthosis park the pull tabs on the side of the orthosis (see picture,) then unfasten the belt and thigh cuff.



## CARE INSTRUCTIONS

The surfaces of the Newport® lite™ hip orthosis can be cleaned with mild soap and water applied with a damp cloth. Rinse out the cloth and wipe away any residue of soap and dirt. Allow the Newport lite Orthosis to air dry. Do not machine wash or place the orthosis in a clothes dryer.

## IMPORTANT PATIENT INFORMATION

Your Newport lite orthosis has been designed to provide protection, stability and control following your hip procedure and it can only do this if it is applied properly. Some patients are able to apply the orthosis independently and others rely on a caregiver to apply and remove the orthosis. Follow these Patient Instructions and the hip precautions you have learned to promote healing and prevent problems. Do not change the settings, cut the liner, plastic, or alter your orthosis in any way. If you have any problems with your orthosis, or feel you need an adjustment, contact your health care practitioner to have it adjusted. Failure to comply with the proper application procedure, wearing time, and snugness of the orthosis may result in poor clinical outcomes.



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