

Hipstrap Application and Positioning

What is a hipstrap?

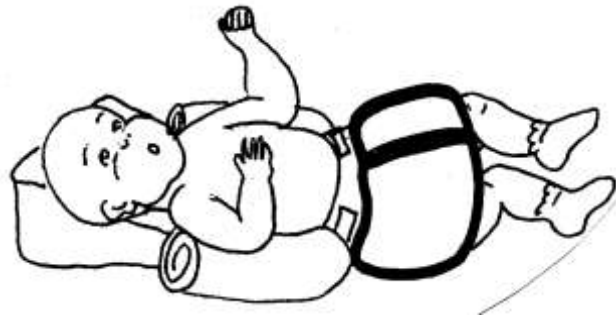
Some children have to lie on their back for a long time. If their legs are not in the right position, their muscles may get very stiff. This could make it hard for them to sit or walk later in life.

A hipstrap is a wide strap that helps hold your child's legs in the correct position while they are lying on their back.

How do I use it?

Directions

1. Put your child on their back.
2. Put the strap beneath their buttocks.
3. Fasten with Velcro® so the strap is between your child's hips and knees.
4. You may wrap blankets (swaddling) around your child's legs to give extra support.



How long should the hipstrap be worn?

- The hipstrap should be worn three or four times a day for no more than 60 minutes at a time.
- Have your child wear the hipstrap after range of motion exercises are done.
- **Never** let your child sleep in the hipstrap.
- Check your child's skin where the strap touches the skin. Tell your healthcare provider or therapist if there are areas of redness that last longer than 20 minutes.

ALERT: Call your child's therapist, doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.