



## **Scottish Rite Orthosis**

### **Care and Use Instructions**

1. The orthosis is designed to control your thigh and hip region. This orthosis controls by holding the thighs and pelvis then selectively allowing certain motions.
2. Your physician feels that this orthosis will remedy or prevent the hip problem from getting worse.
3. The orthosis is usually worn over the clothes.
4. The orthosis can be cleaned with soap and water.
5. It is possible to continue a high level of activity, such as riding bicycles, however; some things may need to be modified, ie., riding a girls bike.
6. There may need to be a break in period when starting to wear this orthosis. We want the person to slowly get used to the new forces placed on their body.
7. If there are any questions please don't hesitate to call and discuss the situation with your orthotist.