Common EXAMPLES of USE

- Hip arthroscopy
- Femoroacetabular Impingement
- Gluteus medius repairs
- Hamstring repairs
- Hip labral repair and resection
- Hip capsulotomy
- Loose/Foreign body removal
- Psoas release
- Microfracture procedures

To learn more about the T Scope Hip Post-op brace, contact your local Breg sales rep, call Customer Care at 800-321-0607, or visit www.Breg.com.
The Role of Hip Bracing

HIP ARTHROSCOPY is a fast growing, with an estimated 70,000 performed in the United States each year.1 Although advancements in hip arthroscopy technology and technique are well documented, there’s still a concern about how patient compliance following surgery could be compromised by activity level. Many patients need to limit the range of motion following surgery to ensure they do not damage the repairs. Repaired tissue must be properly protected to allow healing and to prevent excessive stress; however, prolonged immobilization is not desired because of the numerous deleterious effects.2

Through the years, rehabilitation protocols have often times included bracing to treat patients appropriately. More recently, however, additional clinical information regarding certain procedures, such as capsular closure, has come to light indicating it is even more critical to ensure patient recovery is aided by limiting the range of motion of the hip by using a brace.

The Role of Hip Bracing in Post-operative Recovery

- Limit Range of Motion (ROM) post-surgically so patients remain within a physician-determined “safe zone,” typically between 0º of Extension and 90º of Flexion. Physicians also want to limit the range of motion in the abduction/adduction plane as well. Slipping a brace with a ROM hinge can help with limiting the range of motion.

- Limit early mobility when patients may experience instability immediately after surgery due to the procedure itself, as well as the potential lack of ligaments and other anatomical structures. Bracing to limit mobility (in the safe range) will help patients feel more stable.

- Provide enhanced proprioception after surgery. During surgery, ligaments and the capsule are often cut or sutured, and the body may not have the same sense of their leg position within space as prior to surgery. Bracing helps patients better “feel” their body so they can understand their movements, ensuring they do not extend past the safe zone.

- Protective bracing while sleeping. The potential to damage repairs during sleeping can be significantly higher than when patients are awake and alert. Some physicians may use an abduction pillow that essentially immobiles patients and does not allow any external rotation at night which could result in damage to the repair or potentially even dislocation. A hip brace can also help immobilize patients and prevent external rotation.

- May prevent damage to repairs. A significant amount of force can be placed on the hip joint during normal movement. Arthroscopic sutures and repairs have a limited amount of force they will withstand before they potentially fail. Wearing a brace can help reduce these loads and may help prevent or limit damage to any repairs.

- Protect the capsular closure. There is a growing tendency for surgeons to close the joint capsule following surgery to ensure the limitation of instability is not present long term. A brace may help protect the sutures and anchors used to close the capsule, which needs to be protected for the first few weeks post surgery.

- Protect the capsular incision. A capsular incision is necessary to perform hip arthroscopy. If the capsule is not repaired, it still needs to be protected during the healing process. Bracing can help maintain positions that stress the healing capsule. Capsular healing is important to restore appropriate mechanics in the hip.

- Limit secondary soft tissue strain. During the immediate recovery phase following hip arthroscopy, other soft tissues may be overused and become a source of discomfort. One specific region is the lumbar spine. A hip brace that incorporates lumbar support and reduces stress on the hip flexor may limit the early strain on these soft tissue regions and may limit secondary pain as a result.

- May reduce hip dislocation with THA procedures. In addition, post-operative dislocation of the hip remains a common, major complication after total hip arthroplasty due in large part to poor patient compliance for hip precautions regarding sitting, bending and sleeping positions.3

A new study published in Surgical Science suggests that using an abduction brace in the early post-operative period after primary total hip arthroplasty may help reduce the incidence of hip dislocation.4 The study suggests that hip bracing helps patients recognize and avoid careless body motions and positions which help prevent the initial hip dislocation.

Note: Bracing will not prevent or reduce all injuries. Proper rehabilitation and activity modification are also an essential part of a safe treatment program.
Hospitalization costs, and cause patients pain and suffering. Given the negative impact of dislocation, it is worth considering the benefits of bracing post-operatively for hip arthroplasty patients and how it may complement your surgical procedures to aid in patient recovery. Choosing the right hip brace can influence patient compliance.

T Scope® Hip Post-op Brace for Hip Arthroscopy Rehabilitation

Developed in conjunction with industry-leading physicians, the brace features telescoping bars for a fast, universal fit; a range-of-motion hinge with easy-to-adjust stops; and a “Quick Lock” that enables health care providers to set stops with the push of a button. The brace is comfortable, with padding throughout the brace, including cushioned hand protection when using crutches. A waist compression lacing system gives patients an easy “one-handed pull” for a close fit and additional back support.

Patient Information is Built Right In

The T Scope Hip Post-op Brace has a QR code on the brace, which puts information at your patients’ fingertips, whenever they need it. Patients just scan the QR code with a Smartphone to view a video about the T Scope Hip brace. The video shows how to apply and care for the brace, and also includes tips and troubleshooting. Patients can also view the video online by entering the QR code URL directly into an Internet browser.
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