INDICATION
• Mild to moderate hip OA (uni- or bi-lateral).

KEY BENEFITS
• Improved mobility
• Hip stability
• Proprioceptive control
Hip OA has been shown to be a contributing factor in 72.5% of total hip replacements performed in Australia\(^1\).

**PATHOLOGY**

- Wear and tear of cartilage in areas of maximum load
- Instability of the hip due to changes in proprioception

**THE UNLOADER® HIP – HOW IT WORKS**

The Unloader Hip is designed to reduce load on the affected joint surface, through rotation and abduction of the femoral head.

**External Rotation**

**Abduction**

The adjustment occurs during swing phase, providing adapted positioning at heel strike. Load is thus dispersed through an area of less worn cartilage.
The Unloader® Hip is designed to optimise Hip OA treatment in order to improve mobility and decrease pain.

**Easy-To-Use**

The pocket wrap closure system and simple-to-tighten pulley system makes the Unloader Hip easy to use and adjust.

**Optimum Comfort**

With its breathable materials and integrated elastic sections, the Unloader Hip provides a comfortable and snug fit – allowing a discreet fit under clothing.

**Improved Mobility**

The Unloader Hip provides proprioceptive support through compression of the affected area. The Rotation Control Strap then allows individual adjustment of hip abduction and the external rotation force, resulting in improved mobility for users.

A significant improvement in activities of daily living as a result of using the brace was seen over 4 weeks in patients with symptomatic hip OA. Increased activities have been associated with less hip limitations at later disease stages. Adapted from Creamer P.

**Optimising Hip OA Management**

Treatment of Hip OA is believed to be optimised through a multi-modal approach. Inclusion of the Unloader Hip brace is consistent with these recommendations.
# Ordering Information

## Unloader Hip Men

<table>
<thead>
<tr>
<th>Size</th>
<th>Measurements*</th>
<th>Part #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small</td>
<td>80-88 cm</td>
<td>B-465350031</td>
</tr>
<tr>
<td>Medium</td>
<td>88-96 cm</td>
<td>B-465350033</td>
</tr>
<tr>
<td>Large</td>
<td>96-104 cm</td>
<td>B-465350035</td>
</tr>
<tr>
<td>XLarge</td>
<td>104-114 cm</td>
<td>B-465350037</td>
</tr>
<tr>
<td>XXLarge</td>
<td>114-124 cm</td>
<td>B-465350039</td>
</tr>
</tbody>
</table>

*Measure the hip circumference at the anterior superior iliac spine.

## Unloader Hip Women

<table>
<thead>
<tr>
<th>Size</th>
<th>Measurements*</th>
<th>Part #</th>
</tr>
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<tbody>
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</tbody>
</table>

## Unloader Solutions

### Unloader® Hip
- **Indication:** Mild to moderate hip osteoarthritis

### Unloader® Fit
- **Indication:** Mild to moderate unicompartmental knee osteoarthritis

### Unloader One®
- **Indication:** Moderate to severe unicompartmental knee osteoarthritis

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**References:**

3. Internal data (unpublished)