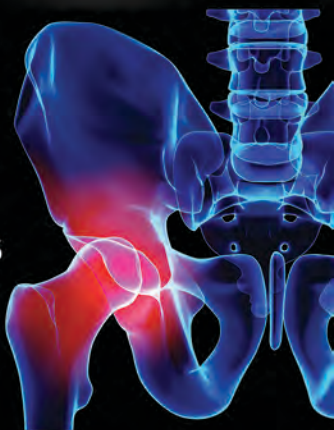


EXCYABIR

HIP BRACE



EXCYABIR Hip Brace Instructions for Use



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1. Packaging & Components. The EXCYABIR Hip Brace is shipped with six (6) components that make up the brace. The prescribing provider will provide details as to which components are needed for each patient. 1(a) The EXCYABIR Hip Brace softgood will fit both the left and right hip and is universal in size. 1(b) The Range-of Motion (ROM) Hinge utilized to restrict range-of-motion (flexion and extension) and provide abduction of the hip joint. 1(c) The Rotation Strap utilized to limit external/internal rotation and/or flexion/extension of the hip. 1(d) The Y-Strap utilized to provide abduction of the hip. 1(e) The Velcro Strap Holder helps velcro then ends of the Y-Strap and Rotation Strap when both are used. 1(f) The additional Rotation Strap Keyholes (left and right) are used for large waisted patients. **COMPONENTS AVAILABLE SEPARATELY:** 1(g) There is an optional Extension Strap available for patients with waist circumferences larger than 56". 1(h) Hot/cold pack. 1(i) Circulating Cold Pad.



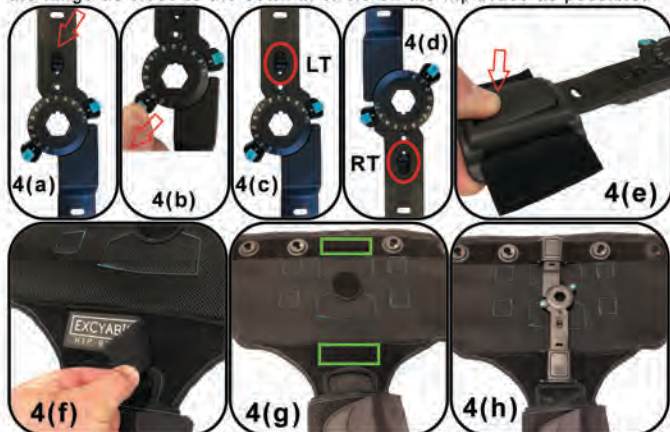
2. Circulating Cold Pad or Hot/Cold Pack Insertion, OPTIONAL (not provided, sold separately). The EXCYABIR Hip Brace can accommodate most circulating cold pads or a hot/cold pack. Neither products are provided. They are sold separately and may require a prescription from a medical provider. 2(a) To insert a circulating cold pad, place the brace face down and open the top Velcro pocket. 2(b) Insert the cold pad with the fabric facing down and 2(c) ensure the tube is inserted through the opening at the bottom above the thigh strap. Adhere the cold pad down to the Velcro ensuring the entire pad is inside the pouch. Velcro the pocket closed. To insert a hot/cold pack follow the same procedure.



3. EXCYABIR Hip Brace Fitting. 3(a) Position the EXCYABIR hip brace with circle over the greater trochanter. Have the patient hold the brace in place and clip the waist belt. Note that the waist belt usually sits over the patient's normal waist line. Tighten the waist straps so that it is snug on the patient. Position the buckle on the front side. 3(b) Trim the waist straps so that the velcro adheres securely on the waist strap and 3(c) does not overlap on the plastic keyholes. 3(b) Both waist straps have removable velcro alligator clips that can be removed so that the waist straps can be trimmed, and they re-applied to the waist strap. Leave the thigh strap undone and attached optional components as needed in the following steps. Reminder that the ROM hinge, Y-strap and internal/external and/or flexion/extension straps are all optional components and the prescribing provider should advise what components should be used.



4. Range of Motion (ROM) Hinge Fitting, OPTIONAL. A Range-of-Motion (ROM) Hinge is included with every EXCYABIR Hip Brace. The hinge will fit both the left and right hips and Velcros onto the main softgood. The drop lock button will lock in at 10° increments from -10° of extension to 120° of flexion. 4(a) To engage the drop lock push it towards the hinge. To disengage pull it away from the hinge. 4(b) To adjust the flexion or extension limits simply pull up on the spring loaded blue tabs, move the stop to the appropriate degree and release. 4(c) For a left hip, position the drop lock button on the top. 4(d) For a right hip, position the drop lock button on the bottom. 4(e) Adjust the sliding Velcro paddles on the hinge strut by depressing the thumbgrip. The plastic strut may extend past the velcro paddles depending on placement. 4(f) If your brace has a logo applied to the lower section where the hinge goes simply remove it from the brace and place elsewhere or discard. 4(g) Properly position the hinge so the velcro paddles adhere onto the outlined area 4(h) placing the center of the hinge as close to the sewn in circle on the hip brace as possible.



5. Rotation Strap Fitting, OPTIONAL. The Rotation Strap (1 included) can be positioned to help limit internal/external rotation of the hip and/or limit flexion/extension of the hip. The prescribing provider should provide details as to which position they would like the rotation strap in. Additional Rotation Straps are available for purchase.

if needed. 5(a) To limit external rotation and/or extension of the hip, the Rotation Strap should be placed in the anterior red keyhole (most common). 5(b) To limit internal rotation and/or flexion of the hip, the Rotation Strap should be placed in the posterior red keyhole. 5(c) Ensure that the dial is pulled out to disengage the pulley system and then 5(d) pull the slack out of the strap. 5(a/b) Ensure that the softgood is not scrunched and position the end of the Rotation Strap in between the two hook velcro pieces on the same side of the "T" part of the thigh strap. 5(e) Cut the excess material off at the bottom being careful not to cut the softgood. If no Abduction Y-Strap or additional Rotation Strap is required, 5(f) ensure that the softgood is pulled down and wrap thigh strap around the front of the thigh first then adhere it to the velcro on the side. Be careful not to overtighten the thigh strap and allow for ample circulation. 5(g) Trim the thigh strap (if necessary) and reapply the velcro alligator clip will so it will 5(h) adhere in the front of the thigh making it easy for the patient to don and doff. 5(i) To engage the dial, press it inward until it clicks. Turn counter clockwise to tighten the strap. There is an elastic band built into the strap to allow micro-movement. Tighten until desired internal/external rotation or extension/flexion limitation is obtained. 5(c) Pull the dial outward to release. Release dial before removing brace. The internal rotation configuration is most commonly used for patients when they are supine or sleeping. It is often used in combination with the Abduction Y-Strap.



6. Abduction Y-Strap Fitting, OPTIONAL. The Y-Strap (1 included) can be positioned to help abduct the hip and provide a slight compressive force to the greater trochanter holding the femoral head firmly into the acetabulum. 6(a) To attach the Y-Strap, clip the two green keyholes onto the softgood. 6(b) Ensure that the dial is pulled out to disengage the pulley system and then 6(c) pull the slack out of the strap. 6(d) Ensure that the softgood is not scrunched and position the end of the Y-Strap in between the two hook Velcro pieces on the anterior part of the thigh strap. 6(e) If a Rotation Strap is also being used, place the provided Strap Velcro piece inbetween the two straps. 6(f) Cut the excess material off at the bottom being careful not to cut the softgood.

If no additional Rotation Strap is required, 6(g) ensure that the softgood is pulled down and wrap thigh strap around the front of the thigh first then adhere it to the velcro on the side. Be careful not to overtighten the thigh strap and allow for ample circulation. 6(h) Trim the thigh strap (if necessary) and reapply the velcro alligator clip will so it will 6(i) adhere in the front of the thigh making it easy for the patient to don and doff. 6(j) To engage the dial, press it inward until it clicks. Turn counter clockwise to tighten the strap. There is an elastic band built into the strap to allow micromovement. Tighten until desired internal/external rotation or extension/flexion limitation is obtained. 6(b) Pull the dial outward to release. Release dial before removing brace. The abduction Y-Strap configuration is most commonly used for patients when they are supine or sleeping. It is often used in combination with the Internal Rotation Strap.



7. Secondary Rotation Strap Fitting, OPTIONAL.

Additional Rotation Straps are available for purchase if a Secondary Rotation Strap is needed. Repeat procedure in Section 5 for fitting.

8. Cold Therapy Tube. When using a circulating cold pad with a Abduction Y-Strap and/or Internal Rotation strap, 8(a) ensure the tubes exit towards the posterior part of the hole. It is not recommended that Secondary Rotation Strap be used with the Abduction Y-Strap when a circulating cold pad is used. Primary and Secondary Rotation straps can be used with a circulating cold pad when the Abduction Y-Strap is not used.



9. ROM Hinge With Abduction Y-Strap.

The Abduction Y-Strap, Internal Rotation Strap and External Rotation Strap can be used with a ROM Hinge. 9(a) The Abduction Y-Strap should be position on top of the ROM Hinge when together.



10. Rotation Strap Keyholes. For patients with large waist circumfrances use of the additional Rotation Strap Keyholes can help increase leverage to provide internal/external rotation. There is a front and back keyhole included. 10(a) Simply velcro the appropriate keyhole on the waist strap with the seam at the top. Keyholes are pictured in 1(f).



11. Extension Strap. For patients with large waist circumfrances use of the Extension Strap(s) may be required (purchased seperately). 11(a) Remote the exisiting waist strap alligator clip and buckle. Velcro the Extension Strap onto the end and trim accordingly. Reapply the alligator clip and buckle.



WARNINGS, PRECAUTIONS & INDICATIONS

This product is intended for single patient use only.

This device DOES NOT INCLUDE a circulating cold pad or circulating cold therapy machine. DO NOT use a circulating cold therapy machine without a prescription from a physician. Rx only. Your prescription must state how long and how often the device should be used and the length of breaks between uses. DO NOT use this device if a prescription has not been provided to you or if you do not understand the prescription. Use of this device without a prescription or failure to follow the prescription may result in serious injury, including tissue necrosis.

The responsibility for accurate coding lies solely with the provider treating the patient. Outcome-Based Technologies, LLC (OBT) assumes no responsibility or liability for the provider's coding decisions. OBT's coding suggestions rely on its best judgement and are subject to revision based on additional information or changes in the alpha-numeric system.

INDICATIONS: • Post-op arthroscopic hip labral repair • Post-op arthroscopic hip debridement • Post-op following Femoral Acetabular Impingement (FAI) arthroscopic surgery • Uni-lateral mild to moderate Osteoarthritis (OA) of the Hip • Post-op following Gluteus medius repair surgery • Post-op following hamstring repair surgery • Inoperable hip abnormalities • Preventively when there is a risk of hip dislocation • Conventional treatment after dislocation/reduction

CARE: Hand wash in lukewarm water with a mild detergent. Air dry (do not place on radiators/heaters or other heat sources. Do not use bleach or chlorine. Do not iron.

WARRANTY: Outcome-Based Technologies, LLC will repair or replace all or part of the unit and its accessories for material or workmanship defects for a period of three (3) months from the date of sale.

Class I FDA Registered Device. Made in Mexico.

Outcome-Based Technologies, LLC
1620 Central Ave, Suite 202
Cheyenne, WY 82001 USA

www.EXCYABIR.com

www.cryohip.com

(888) 740-5464

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