Posey Hipsters feature impact absorbing, soft foam pads over the critical fracture area to help reduce the risk of injuries from a fall, such as hip fractures.

Hipsters Innerwear is made of a comfortable 95% cotton/5% Spandex blend with a low profile pad over each hip. Hipsters Outerwear is made of a high quality blend of pre-shrunk 7.8 oz, 50/50 cotton/polyester.

Proper Pad Placement
Select the proper size (see chart below) and have the patient try on the Hipsters for proper fit. Make sure that Hipster pads cover the hip joint (greater trochanter). To do this:

1. Have the patient stand up with their arms hanging down by their side.
2. The wrist joints should align with the center of the pad on each side.
3. Press your fingers under one pad and have the patient lift the heel on that side.
4. You should be able to feel the hip joint moving under the pad.
5. Repeat on the other side. If the pads do not cover the hip joints on each side, you must re-assess the fit.

If waist measurement is larger than the hip measurement, select the size that corresponds to the larger waist measurement.

## SIZING CHART

<table>
<thead>
<tr>
<th>Size</th>
<th>Waist Measurement</th>
<th>Hip Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>XS</td>
<td>26” - 28” or 66 - 71 cm</td>
<td>33” - 35” or 83 - 88 cm</td>
</tr>
<tr>
<td>S</td>
<td>28” - 30” or 71 - 76 cm</td>
<td>35” - 37” or 88 - 93 cm</td>
</tr>
<tr>
<td>M</td>
<td>30” - 34” or 76 - 86 cm</td>
<td>37” - 41” or 93 - 104 cm</td>
</tr>
<tr>
<td>L</td>
<td>34” - 38” or 86 - 96 cm</td>
<td>41” - 45” or 104 - 114 cm</td>
</tr>
<tr>
<td>XL</td>
<td>38” - 42” or 96 - 106 cm</td>
<td>45” - 49” or 114 - 124 cm</td>
</tr>
<tr>
<td>XXL</td>
<td>42” - 46” or 106 - 116 cm</td>
<td>49” - 53” or 124 - 134 cm</td>
</tr>
</tbody>
</table>
Check foam pads after each washing.

- Removing the pads from the Hipster pocket and inspect for damage prior to use. Replace cracked, broken, or damaged pads or pouches, or discard the garment.
- For models with non-removable pads, squeeze the pads and feel for any evidence of cracked or broken pads and for any evidence pouch damage or moisture. If one or both of the pads are damaged, discontinue use and discard the garment.
- If EZ-On pads are removed, wipe clean with mild, liquid disinfectant before re-use.

Lower wash/dry temperatures will prolong garment life.

The complete Guidelines for Laundry in Health Care Facilities are available at: www.cdc.gov/od/ohs/biosfty/laundry.htm. The CDC states that “the risk of actual disease transmission from soiled linen is negligible” and “recent studies have shown that a satisfactory reduction of microbial contamination can be achieved at lower water temperatures of 72°-122°F (22°-50°C) when the cycling of the washer, the wash formula, and the amount of chlorine bleach are carefully monitored and controlled.”

The CDC offers the following advice for home care: “In the home, normal washing and drying cycles including ‘hot’ or ‘cold’ cycles are adequate to ensure patient safety. Manufacturers instructions for the machine and the detergent or wash additive should be followed closely.” See: http://www.cdc.gov/ncidod/dhqp/bp_laundry.html.

Disposal

Properly dispose of the product per facility’s policy for BIOHAZARDOUS materials.

Storage and Handling

This device is designed for use in normal indoor environments. This device may be stored in ambient warehouse temperatures at normal humidity levels. Avoid excess moisture or high humidity that may damage product materials.