

Dictus Hip-Knee User Instructions

Dictus Hip is an orthopaedic device that supports and facilitates walking, assists with hip flexion/extension and reduces the risk of tripping or falling.

How to fit the Dictus Hip-Knee

1. Measure your thigh to determine which Dictus size will fit you the best. The size reference is Medium for 30–40 cm and Large for over 41 cm. X-Large is available as spare part.



2. Measure your waist to determine which Dictus size will fit you the best. The size reference is Medium for aprox. 55–80 cm and Large for aprox. 81–130 cm.

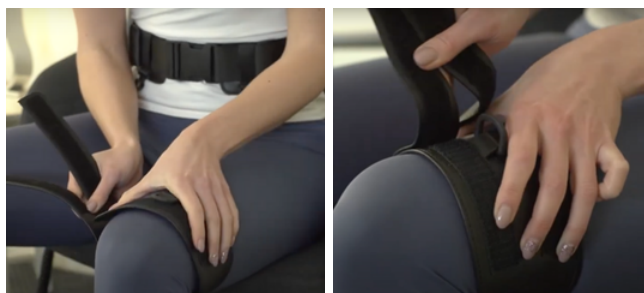


Adjusting the hip belt and thigh strap

3. Put on the hip belt, making sure the buckle is centred and the hooks are facing down.



4. Put on the thigh band, making sure the hook is centred.



Attaching the rubber band to the thigh strap

5. Press the rubber band into a loop and thread it through the hook on the thigh strap, and then back in a loop through the rubber band. Fasten the band securely to the hook. Pull the rubber band towards the hip belt and attach it to the hooks.



Visit our Youtube channel, *erimedinternational*, to learn more about the Dictus Family, and how to use the products.