

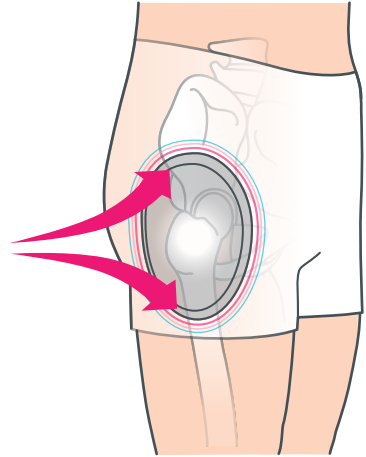
Quick Guide



Your Delloch HipFit

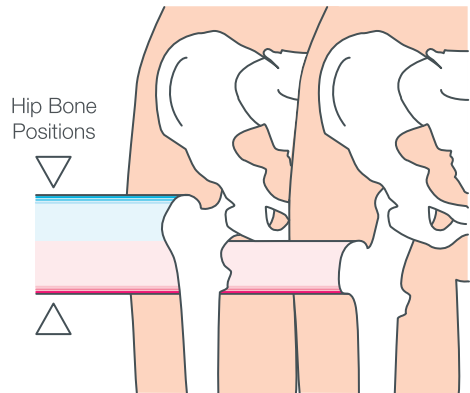
How it Protects

Delloch HipFit Pads have been specifically engineered to protect the hip bone from fracture in the event of a fall. The pads protect by absorbing and moving energy away from the hip bone and into the soft thigh muscle.



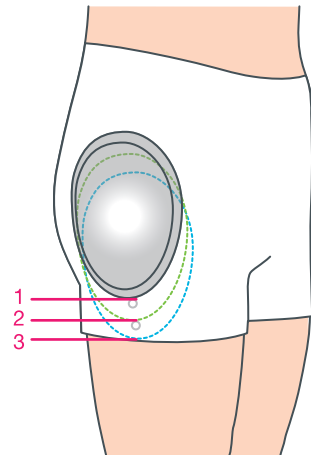
Hip Bones - Everyone is Different

Everyone's body is unique and different in subtle ways including your hip bone positions. Some people have high hip bones, some people low. This guide will show you how to position the pads accurately over your hip bones to provide the best protection in the event of a fall.



Protection To Fit Your Body

You can easily adjust the position of the pads in the Delloch undergarments to sit accurately over your hip bones. With the HipFit System small poppers in the pocket adjust the height of the pad. It's quick and simple and only needs to be done once for each undergarment.

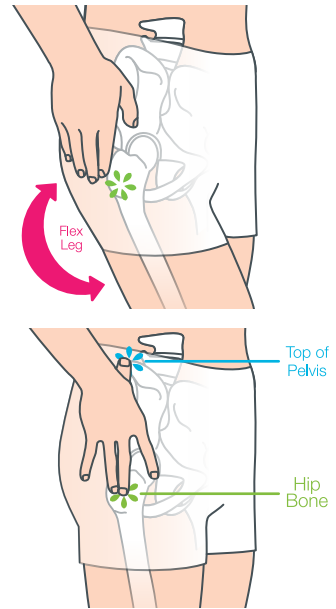


Getting Started

Finding Your Hip Bone

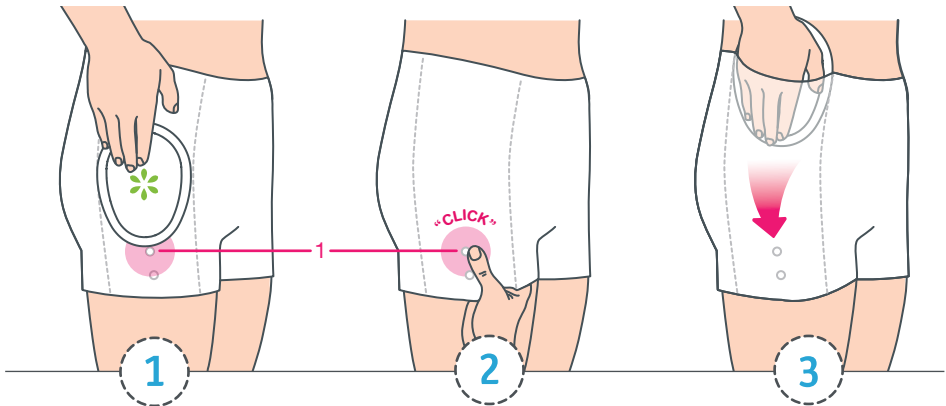
The hip bone is located at the top of the thigh at the sides of the body. Securing yourself with someone or something for support carefully lift your knee up and down while feeling the side of the upper leg. The bony part that moves is your hip bone.

If you still cannot find the hip bone, place your thumb on the front of your pelvis (the bony lumps either side the stomach) and stretch your fingers down your leg. Your hip bone is the bony bump beneath your middle fingers.



Positioning Your Pads With HipFit

Use this simple guide to correctly position the pads. *You may wish to have someone help with these steps.*



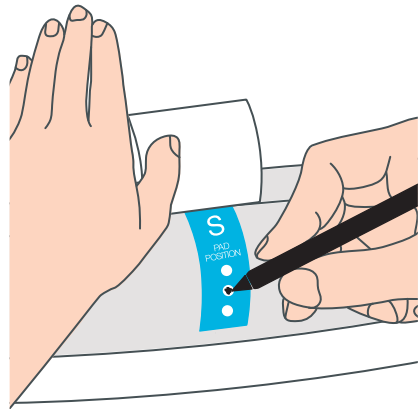
Wear the undergarment in a comfortable position for you. The undergarment should be snug, but not uncomfortably tight. Beginning with one side, align the pad over the hip bone outside the Classic Hips undergarment.





Feel for the popper directly below the pad (the 3rd or lowest position is with no poppers). 'Click' the popper. This closes the inside pocket so the pad is correctly located over the hip bone.

Slide the pad into the inside pocket until it rests on the closed popper or at the bottom of the pocket. This position is now set and does not need re-setting even after washing. Repeat for the other pad.

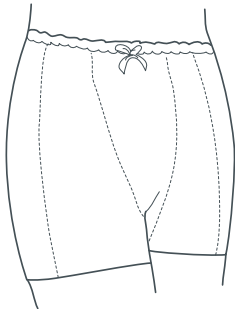
Wash & Care

Mark your pad position on the label in the back of the undergarment with a permanent or fabric marker. This will remind you how to quickly adjust your next Delloch undergarment.

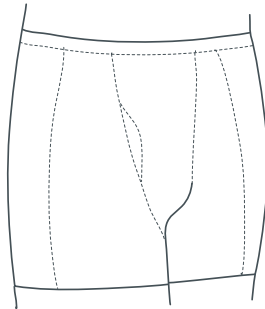


Remove pads before washing & drying	
Check popper after washing	
Warm Machine Wash	
Cool Tumble Dry	

Delloch Hip Protection



Female
Classic Hips



Male
Classic Hips



HipFit
Plus



HipFit
Active

Disclaimer: The Delloch Hip Protection System is designed to help prevent a fall related hip fracture. It is important that all the procedures for applying the pad in the correct position as outlined in these user instructions are followed in order to prevent a hip fracture as a result of a fall. However while this system can help lessen the severity of the impact of the fall, it does not guarantee that this will prevent a hip fracture.

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