

Elbow Hinged ROM Brace



- A Elbow Hinged ROM brace is worn on the upper and lower arm.
- The brace has been molded and/or modified specifically for you.
- The brace includes an elbow joint that has adjustable range of motion. This is based on what your doctor has prescribed for you.
- Your brace may or may not have a sling strap to help hold your arm.
- Always follow specific instructions given to you by your doctor and practitioner.

Wearing the brace

**Always follow the wearing instructions of the device as described by your doctor and practitioner.

Prior to wearing the brace, it is important to check the following things:

- Make sure the brace is clean and dry.
- Make sure there are no cracks, rough edges, or worn areas on the brace.
- Make sure any rivets, straps, or fasteners are secure on the brace.
- Make sure your skin is clean and dry.
- Examine your skin and look for abnormal redness, blisters or sores at least 1 time a day.

** If you find any concerns or questions, contact your practitioner before wearing the brace

Precautions

- It is important to keep your brace dry.
- Keep the brace away from excessive heat.
- Discuss bathing and wearing options and times with your physician.
- **Do not** put anything inside your brace. **Do not** cut, file, or modify your brace.
- The brace should be worn as snugly as comfortable. Do not over tighten the brace.
- When your arm is in the brace, try to use your hand, wrist, elbow, and shoulder as instructed by your physician.
- Clean your device following the manufacture's written instructions. **Do not** immerse the device in water!

Be Aware of the following and immediately contact your physician if...

- Excessive swelling develops above or below the brace.
- You experience tingling or numbness.
- Fingers below the brace are numb and difficult to use.
- Fingers are discolored
- Moderate discomfort changes to severe and constant pain.

Be Aware of the following and immediately contact your orthotist at Clark & Associates if...

- If there are any cracks, rough edges, or worn areas on the brace.
- Any rivets, straps, or fasteners are loose on the brace.
- Your skin has abnormal redness, blisters or sores.
- The brace rubs, presses, pinches, or cause irritation.
- The brace is uncomfortably tight.
- If an offensive odor develops from either your brace or arm.

(Instructions continued on back)

Clark & Associates Prosthetics and Orthotics

Waterloo, IA - Toll Free: (800) 435-3803

Dubuque, IA - Toll Free: (800) 514-3317

Marshalltown, IA - Toll Free: (877) 753-0067

www.clarkpo.com

Mason City, IA – Toll Free: (866) 463-5867

Cedar Rapids, IA - Toll Free: (877) 209-0913

Des Moines, IA (Clive) - Toll Free: (844) 340-2344

Sioux City, IA – (712) 899-4352

How to apply the brace

You may need someone to assist you with putting the brace on your arm.

- 1) First, align the joint of the brace with the outside of your elbow joint.
- 2) Place the upper and lower portion of your arm into the cuffs on the brace.
- 3) Fasten the straps nearest the joint first. Then fasten the remaining straps around your arm securing the brace in place. Attach the straps snugly and comfortably, but not overly tight.

How to apply the sling strap to the brace.

Your brace may or may not have a sling strap to help hold your arm to your body. If you were provided a sling strap wear use this according to doctor orders.

- 1) Attach the D-Ring to the strap closest to the wrist.
- 2) Place the neck strap over the opposite shoulder of the injured arm. This strap then comes across the back and under the injured arm.
- 3) Use the clip to attach the end of the neck strap to the D-Ring on the neck strap where it originates on the brace.