



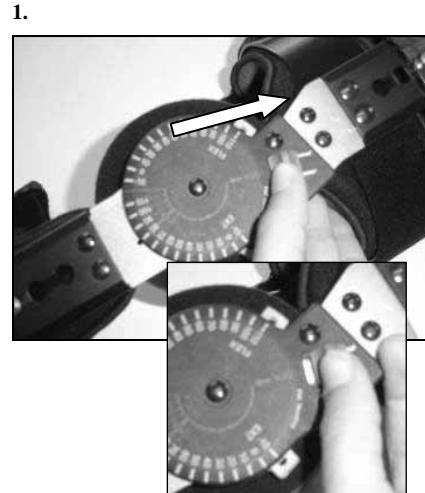
Elbow Brace

Application Instructions

CP020189 Rev A 07/07

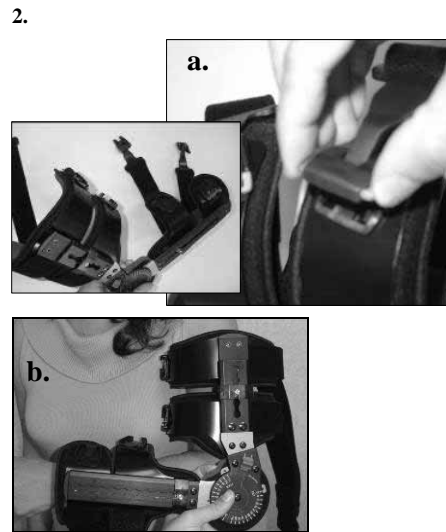


Alternative to Casting or Splinting with Range of Motion



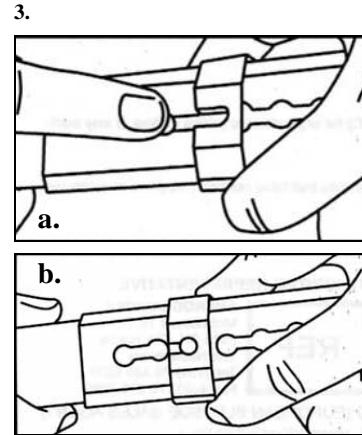
Step 1: Unlock the Hinge

The Elbow Brace is packaged in the locked position. Slide the orange button away from the hinge to unlock the brace.



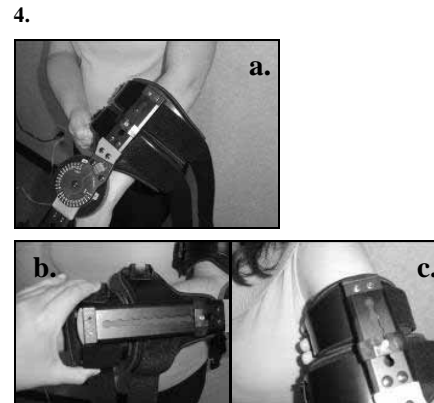
Step 2: Position the Brace

- There are four over-center buckles on the Elbow Brace. Open the over-center buckles by pinching the two gray tabs on the buckle.
- Position the hinge over the lateral humeral epicondyle (outer elbow).



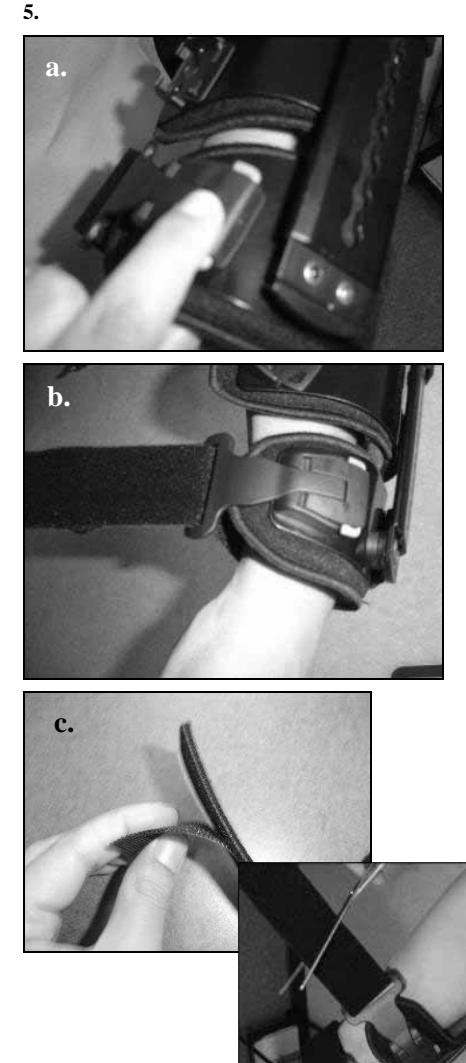
Step 3: Adjust the Arm Lengths

- While the hinge is aligned with the elbow (see Step 1b), make length adjustments to the forearm. Slide the locking clip over to expose the button, depress the button and extend the arm to the desired length (wrist bones).
- Secure the locking clip by sliding it over the button to lock the button in place.
- Repeat the same process to adjust the humeral arm length.



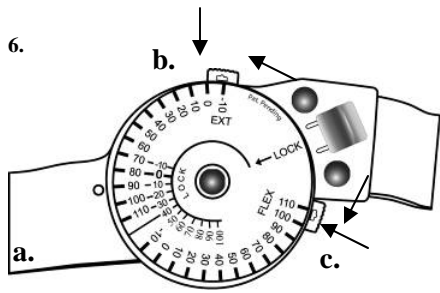
Step 4: Apply the Brace

- Slide the arm into the brace.
- Form the black aluminum plates around the forearm.
- Form the black aluminum plates around the upper arm.



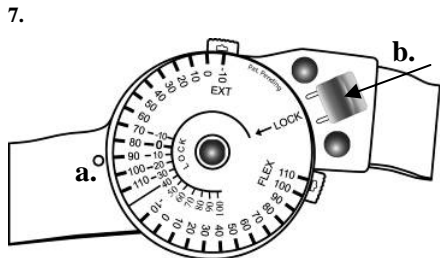
Step 5: Secure the Straps

- Connect the over-center buckle located closest to the wrist.
- Adjust the strap tension using the hook to pile fastener at the strap end.
- If necessary trim excess strap by removing the hook piece, trimming the strap, and replacing the hook piece.
- Repeat this process for the remaining three straps.



Step 6: Adjusting the Hinge

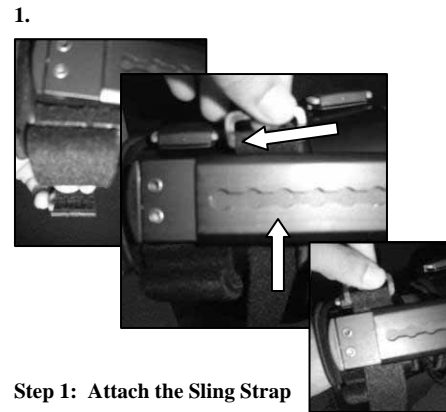
- a. Move arms to the desired position between the prescribed range of motion (ROM).
- b. Press the gray **extension** button and slide it to the desired setting. The button will spring out to set the extension range of motion.
- c. Press the gray **flexion** button and slide it to the desired setting. The button will spring out to set the flexion range of motion.



Step 7: Locking the Brace (Optional)

- a. The Elbow Brace can be locked at a prescribed setting between -10° and 100° in 10° increments. To lock the brace, move the uprights aligning the indicator mark to the prescribed setting in orange.
- b. Slide the orange lock tab toward the hinge. This will lock the brace in place.

Sling Application (Optional)



Step 1: Attach the Sling Strap

- a. Attach the hook fastener to the strap under the wrist.
- b. Thread the d-ring end of the sling strap between the black aluminum plates on the forearm. Press and engage the hook to pile fastener.



Step 2: Wrap the Sling Strap

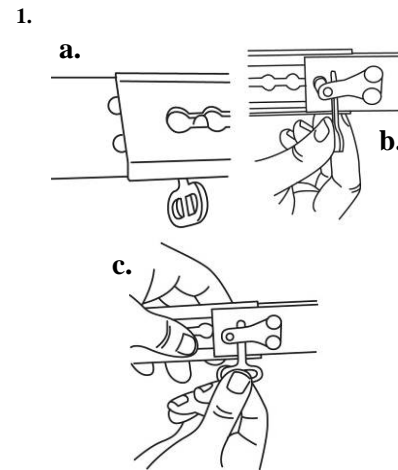
Wrap the sling strap under the wrist, around the side of the waist on the unaffected arm, and up and over the shoulder of the affected arm.



Step 3: Adjust the Strap

- a. Loop the free end of the strap through the d-ring.
- b. Pull back to tension and engage hook to pile fastener.

Neutral Hand Position Attachment (Optional)



Step 1: Attach the Neutral Hand Position

- a. Insert key (provided) behind spring by depressing the button and sliding the key between the spring and upright.
- b. Turn the key 90°. Slide out the forearm extension.
- c. Slide the Neutral Hand Position into the brace and stop at desired length. Turn the key 90° and remove.

2.

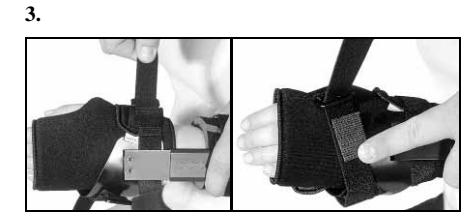


Step 2: Form the Hand Plate

With the wrist in the desired position, form the hand/wrist plate around the wrist and hand.

For product information or questions pertaining to sales or service, please contact the national distributor in your area or the manufacturer.

Manufactured by:
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 Local FAX 972.660.5495
 International FAX 972.606.0649
www.BledsoeBrace.com



Step 3: Secure the Neutral Hand Position

- a. Fasten the wrist strap in the same manner as the other brace straps.
- b. Wrap the hand strap around the hand at the palm. Engage the hook to pile fastener on the hand/wrist plate.

Note: Do not tension hand/wrist strap too tight as irritation may occur at the web of the thumb.

This device is offered for sale or on the order of a physician or other qualified medical professional. This device is not intended for reuse on a second patient or for extended use beyond 180 days. This device is not intended to prevent injuries or reduce or eliminate the risk of reinjury.

Indications: Indicated for immediate application following injury or operative procedures to the elbow, or for stable or internally fixed fractures of the distal humerus or proximal to middle radius or ulna where locked or limited motion control of the elbow is desired.

Warning: Do not leave this device in the trunk of a car on a hot day or in any other place where temperatures may exceed 150° F (65° C) for any extended period of time. If any additional pain or symptoms occur while using this device, discontinue use and seek medical attention.

Contraindications: Contraindicated for unstable fractures or for fractures of the proximal humerus, distal radius, or ulna.

Warranty: This device is warranted to be free from defects in material and workmanship for a period of 90 days. These warranties apply to devices that have not been modified or subjected to misuse, abuse, or neglect. This device is expressly subject to Bledsoe's Product Line Limited Warranty. Copies of this limited warranty can be obtained from your medical professional, via the internet at www.BledsoeBrace.com, or by calling 1.800.527.3666.

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