

# Stabilizing ROM Hinged Elbow Brace

SKU: EBB135

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## Instructions For Use

**Step 1.** Unfasten the straps of the brace and hold the brace up to the arm with the range of motion hinge centered over the elbow joint.

**Step 2.** Press the buttons on the end of the cuffs and slide telescoping bars until they match the length of the upper arm and forearm.

**Step 3.** Bend the cuffs to securely wrap around the circumference of the arm. Start with the cuffs nearest to the elbow.

**Step 4.** Secure and fasten all straps, starting with the two straps closest to the elbow. If the straps are too long, trim them as needed. Once trimmed, brace may not be returned, so ensure fit before trimming.

**Step 5.** To adjust ROM settings, press the flexion or extension button and rotate until the desired degree of flexion or extension is achieved. "O" locks the brace in full extension.

**Step 6.** Unfasten Velcro on strap closest to the wrist. Slide the D Ring into the strap and fasten velcro. Clip the strap to the D Ring. Place the neck strap over the opposite shoulder of the injured arm. Slide the velcro tab end of the neck strap through the D Ring and resecure the Velcro to hold in place. Adjust the strap to the desired length and use the clip to attach the free end of the neck strap to the brace.

*Side bar may be bent to contour to the arm if needed. Place the brace on a flat surface with one strut protruding off edge and apply downward pressure to bend the strut. Side bars must be bent after final adjustments are completed.*



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### Care Instructions

- Hand Wash with a 50% Alcohol/Water Mixture
- Rinse and Air Dry.
- Do NOT dry clean, iron, or bleach.  

