

vive®
ROM ELBOW BRACE

Owner's Manual
SUP2006



vivehealth.com

OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive ROM Elbow Brace as easy as possible. Check out the included links and QR codes to help you through the process.



To see all of the FAQs in one place visit vhealth.link/t8m

WHAT'S INCLUDED

1x ROM Elbow Brace



1x Detachable Shoulder Strap



PREPARING THE BRACE

HOW TO ADJUST THE LENGTH (14" - 18.75")



For a video demonstration check out vhealth.link/jx6

For packaging, the brace will come set to the shortest length, adjustments may be required.

1. Use the push button mechanism along the side of the brace to adjust the length.



2. Test the length, the top should wrap mid-bicep, the bottom should wrap around your wrist, and the hinge should be centered at the elbow joint.



HOW TO ADJUST THE STRAPS

Each strap comes with removable Y-straps to allow for a custom fit if the straps are too long.

1. Remove the Y-straps.



2. Use the folding method to test the length before cutting. Mark the location you wish to cut, fold at this point, and then reattach the Y-strap to the fold to test the adjusted length before cutting.



**If you do not wish to cut the straps, you can keep using the folding method during use.

3. Once the strap length is confirmed you can cut and reattach the Y-straps.



HOW TO CHANGE THE FLEXION (BEND) DEGREES (0 - 120 DEGREES)

With the splint in a straight position, press and slide the flexion button on the hinge to the desired angle.



HOW TO CHANGE THE EXTENSION (0 - 90 DEGREES)

Before you attempt to lock the angle of extension you should make sure that the brace is either already positioned at the desired angle or further above. If it is not, the slider will not move or lock. For example, if you want to lock the extension at 50 degrees, you need to make sure the brace is positioned at 50 degrees or higher.

Press and slide the extension button on the hinge to the desired angle.



UNLOCK OR LOCK AT A SPECIFIC ANGLE

To lock the angle permanently, position the brace to the desired angle, then slide the lock button inward towards the center of the hinge.



PUTTING THE BRACE ON

NOTE: Assistance maybe required.



For a video demonstration
visit vhealth.link/8fg

1. Undo all straps and lay the brace on a hard flat surface, such as a tabletop.



2. Place your arm so that the elbow joint lays directly on top of the hinge pad.



3. Secure the 2 inner straps then the 2 outer straps and adjust the length as needed. Keep the straps loose.



4. Lift your arm up and rotate the entire brace 90 degrees counterclockwise. The hinge will be at the center of your elbow joint.



5. Lay your arm back on the table and secure the straps to a comfortable fit.



USING THE SHOULDER PAD

NOTE: This is optional. How you want to use it depends on the occasion.

Clip the ends of the shoulder strap to the plastic d-ring at the wrist end of the ROM Elbow Brace.



Wrap the strap over your shoulder and adjust the length as needed. Remove the Y-straps and shorten the length if needed.



CARE INSTRUCTIONS

- To clean the pads, remove them from the brace and machine wash in cold water with like colors and a mild detergent. Tumble dry on a low setting. The pads
- To clean the support splint, wipe down with dry cloth and keep dry. can also be hand washed.

SPECIFICATIONS

- Length adjustment: 14.75" - 18.75" (0.5" increments)
- Max circumference range (Top Straps): 26"
- Max circumference range (Bottom Straps): 16"
- Brace weight: 1.35 lbs
- Adjustable flexion: 0 - 120 degrees
- Adjustable extension: 0 - 90 degrees
- Shoulder strap length: 62.5"

WARNINGS

- This device does not prevent injury and is not intended to reduce or eliminate the risk of injury.
- Always consult with your physician before using or making changes to the fit of the brace.
- If you experience pain or swelling, contact your physician immediately. This device is intended for single patient use.
- The brace is not waterproof. Do not submerge in water and dry immediately if it gets wet.

GOT MORE QUESTIONS?

Check out our list of Frequently Asked Questions at vhealth.link/t8m for helpful answers.



And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website.



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