

# Easy Fit Instructions For Advance Dynamic ROM<sup>®</sup> Supination Orthosis



## BEFORE APPLYING ORTHOSIS:

- Check arm for any neurological or vascular changes.
- Check device to be sure that lock and lock safety are engaged.



## TO APPLY ORTHOSIS:

- Unfasten or loosen all straps.
- Slide device onto arm with arm at 90 degrees and strut placed on outside of limb. Tension spring should be centered behind elbow joint.
- Make sure hand cradle is positioned just behind the knuckles.
- Fasten and tighten straps (upper straps first followed by hand cradle straps). Straps should be snug enough for one finger to be inserted between the strap and skin.



## FOR DYNAMIC TENSION:

- Swing lock lever safety away from lock lever.
- Disengage lock lever by slightly flexing arm.



## TO INSPECT THE FIT:

- Check alignment and adjust straps for comfort.
- Check for any neurological or vascular changes.



## TO REMOVE ORTHOSIS:

- Lock device by engaging lock lever safety with lock lever.
- Unfasten/loosen straps and carefully slide orthosis off arm.

For full instructions for use, indications, precautions, contraindications and warnings refer to the product manual.

