

Elbow Hinged ROM (Range of Motion) Brace



- A Elbow Hinged ROM (Range of Motion) 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 range of motion 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 by your doctor and practitioner.



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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 one 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, 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 manufacturer'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 Alcam Medical

- 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.