

ELBOW TURNBUCKLE ORTHOSIS

FLEXION OR EXTENSION

INSTRUCTIONS

Static progressive positioning

OVERVIEW

Rotate body of turnbuckle to lengthen or shorten

Shorting the turnbuckle applies a force to flex the joint

Lengthening the turnbuckle applies a force to extend the joint

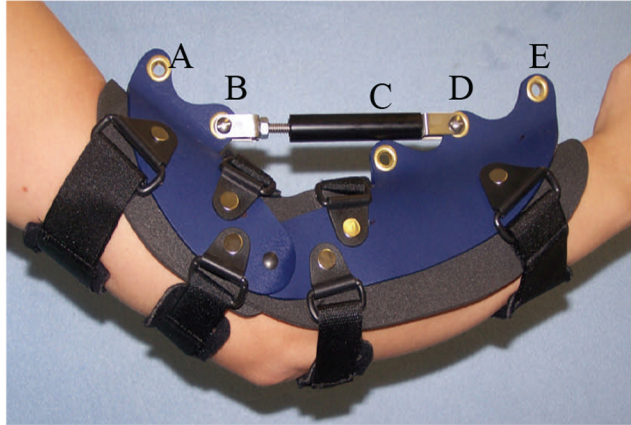
Range of motion should be increased very gradually, and tolerated by the patient.

Excessive force can cause joint damage, skin breakdown, and pain. Do Not be overly aggressive

Depending on condition of patient, establish appropriate schedule for wearing, skin examination, and amount of force

Chose appropriate range for orthosis

Approx. Range	With Turnbuckle Ends In Holes
0 - 50	B & C
50 - 90	B & D
75 - 100	A & D
95 - 105	A & E



APPLICATION

Position the turnbuckle length so there will be no force at elbow when donning. This will facilitate proper positioning of orthosis.

Open straps Place orthosis on anterior aspect of arm with elbow joint and articulation of orthosis in alignment Position strap pads comfortably secure straps

Gradually rotate turnbuckle to apply desired force.

Re adjust straps as needed.

Loosening turnbuckle will facilitate doffing, and position orthosis for re application.

Clean with damp cloth.

Discontinue use and immediately contact your medical professional if you are experiencing any swelling, redness, or pain, or if you have any questions or concerns.

SIZE	MODEL NUMBER
SMALL	781401
MEDIUM	781402
LARGE	781403

To be fit by qualified medical professional with Physician's prescription. Single patient use.

