



9870 2284

Please call if you have any questions or require an appointment

Individual Client Notes



head to foot orthotics

Costs and invoicing

The service provided today will incur a cost. These will have been discussed with you if they are not covered by the hospital or a 3rd party funding body like TAC or Work cover.

An invoice will be sent to the address provided at the consultation. Payment details can be found on the invoice.

Please call if you are having trouble paying the invoice.



It is important that you attend any review appointments. If you are having any problems with your Orthosis, we may be able to fix it at your appointment.

Rev 9.7.2020



Quality
ISO 9001

SAI GLOBAL

HUMERAL FRACTURE BRACE

You have been fitted with a Humeral Fracture Orthosis. Correct use is important for the best result and your safety.

Please note your orthosis is for **your use only**

How to put on your Humeral Fracture Orthosis (HFO).

- You should **not** remove your humeral fracture orthosis unless advised to do so.
- Your humeral fracture orthosis should sit firmly around your arm.
 - If the straps around your arm become loose carefully retighten them.
 - Daily tightening of the straps around your arm is recommended to ensure a firm fitting.
- Your shoulder should sit inside the shoulder cup.
- The chest strap should sit snugly under your other arm and against your back. See image
- A sock should always be worn under your humeral fracture orthosis.
- You are required to attend fortnightly reviews for liner changes.
- You will have to sponge bath until your doctor gives the order to remove the orthosis usually after 6-12 weeks.

Wearing your Humeral Fracture Orthosis (HFO).

Your HFO should to be worn at all times, or as advised by your Orthotist or Doctor.

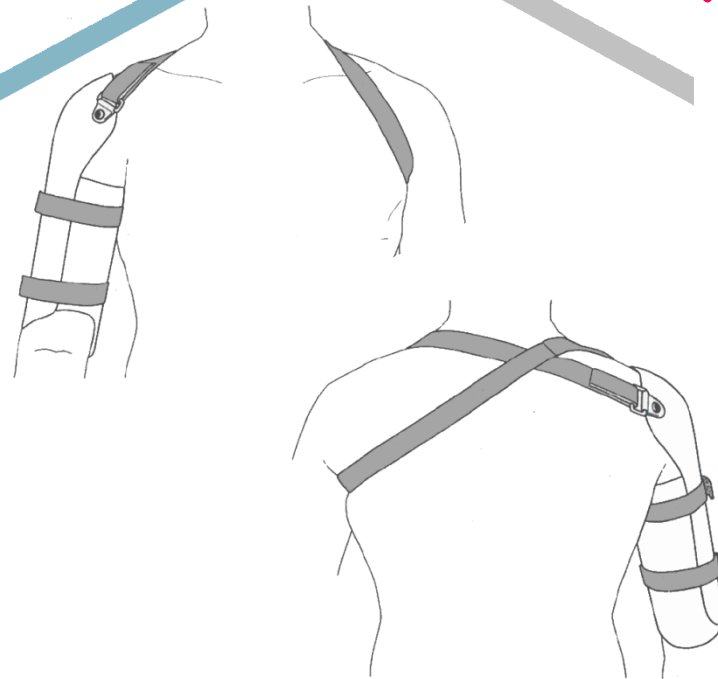
- ✓ **Do** check your skin regularly for pain or rubbing. Prominent bones or soft fleshy areas are where this will most likely
- ✓ **Do** gently exercise the joints above and below the HFO as advised by your Doctor or Physiotherapist.
- ✗ **Do Not** lift heavy objects or play sport
- ✗ **Do Not** make any changes to your HFO.
- ✗ **Do Not** wear your HFO WITHOUT a sock
- ✗ **Do Not** get your HFO wet

Problems?

Check your skin regularly. If you feel that your Humeral Fracture Orthosis is:

- Causing discomfort, redness or skin breakdown
- Broken or damaged
- Worn Out

Please contact the Head to Foot Orthotics as soon as possible to discuss the situation.



Cleaning

- ✓ **Do** wipe under your arm pit with a damp face towel daily
- ✓ **Do** attend fortnightly reviews for liner changes
- ✓ **Do** wash your dirty sock between appointments
- ✗ **Do Not** apply direct heat to you humeral fracture orthosis
- ✗ **Do Not** remove your humeral fracture brace

Contact Head To Foot Orthotics immediately if you notice redness, broken skin or increase discomfort