

## Hinged Elbow Orthosis



This brochure is intended as a source of information for patients, their family and friends. Questions are welcome, so please contact your Orthotist on the contact number provided.

### What is the Hinged Elbow Orthosis for?

You have been provided with a Hinged Elbow Orthosis to restrict and control the movement of your elbow either after surgery or because your elbow is unstable or fractured.

### Putting On (see Fig. 1)

- You should wear the Hinged Elbow Orthosis under your clothing and only remove the orthosis as instructed by your Doctor or treating health professional.
- Your Hinged Elbow Orthosis should be put on with your arm bent by your side and your hand facing inwards.
- Ensure the large circular hinge of the Hinged Elbow Orthosis is lined up with your elbow, the middle of the hinge should be lined up with the inside crease of your elbow.
- Ensure the metal uprights are parallel to your arm and run down the middle of your arm if you were looking at them from side-on.
- Secure the straps immediately above and below the elbow first. Then fasten the top and bottom straps.
- Tighten the straps as firmly as comfortable.

### Taking Off

- Undo the straps to remove.

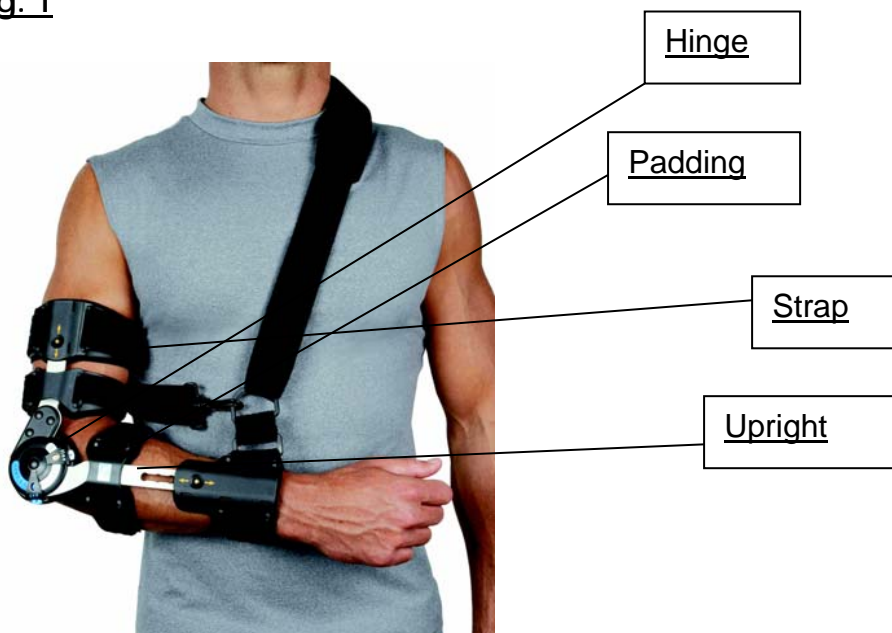
### Cleaning

- The padding can be washed under some circumstances. Please ask your Orthotist to confirm.

## Wearing Problems

- Please don't adjust the circular hinge. This may adversely effect your treatment and recovery. Contact your Orthotist if these hinges are inadvertently adjusted or if your Physiotherapist / Doctor request them to be.
- Check the skin covered by the orthosis for reddened or grazed skin and be aware of pain or rubbing caused by the orthosis. Prominent bones or fleshy areas are the areas where this will most likely occur. **Contact your Orthotist ASAP if any of the above occurs.**
- Contact your Orthotist if at any stage you think your Hinged Elbow Orthosis needs adjusting or repair.

Fig. 1



head to foot orthotics

### Further Details

Please contact if you have questions or require an appointment.



(03) 9870 2284

