



# **Orthotic & Prosthetic**

SPECIALTIES INC.

## **CUSTOM ELBOW ORTHOSIS USE AND CARE INSTRUCTIONS**

An Elbow Orthosis (EO) is a brace designed to provide support, immobilization, or limitations to movement of your elbow.

### **HOW TO USE YOUR CUSTOM ELBOW ORTHOSIS**

- You will wear your Elbow Orthosis next to your skin or over a dressing or stockinette. Position the EO with the elbow joint aligned over the outside of your elbow. Wrap the brace around your arm and fasten the three Velcro straps. The straps should be snug.
- Your physician will determine how much motion you can have at your elbow. The elbow joint may allow free motion, partial motion, or be locked in one position. It is **very** important that you do not change this on your own.
- Your physician will also determine when the brace can be off; some patients are not allowed to remove their brace. Follow your physician's instructions.
- If you find that the EO is slipping down your arm you will want to tighten the straps.
- When you first begin to use your EO, it may feel awkward. But you should become used to it in a short time.
- It is **VERY** important to check your skin for any indications of excess pressure. If you are allowed to remove the brace, examine your skin. If there are pink areas of skin that do not fade in 20 minutes contact your orthotist. If you are not allowed to take the brace off but believe there is a problem with a sore developing please contact your orthotist.
- Do not become discouraged if you feel an adjustment is needed. A minor adjustment might be needed to ensure a good fit. Call your orthotist to discuss this.

### **HOW TO CARE FOR YOUR CUSTOM ELBOW ORTHOSIS**

- If the EO becomes soiled you can wipe it down with a damp cloth. Do not use heat to dry.