

Recommendations:

When possible, the ROM-LBO post-op brace should be pre-fit prior to surgery as part of the patient's pre-operative care.

Application Instructions

- 1. Positioning the Hinge/Bar Assembly:** For your convenience, the straps have been pre-inserted through the bar assemblies and should not be removed. With the bars against the side of the arm, slide the arm through the brace to position it properly. This will create a more efficient application process. When using full wrap pads, attach pads to the arm and secure the uprights on the wraps. Make sure a pad is directly under each strap.
- 2. Contouring the Upper Bars:** If necessary, the upper bars have been designed with contouring voids machined into the proximal bars (2). These voids create a point where the bar is more malleable, making it easier for you to bend the aluminum struts. Simply place the voided section of the upper bar against a rigid surface (i.e. a counter top) – making sure to avoid any pressure or damage to the lock – and bend the bar to the desired angle.
- 3. Tightening the Straps:** The order in which the straps are tightened is not critical. We generally recommend tightening the two straps closest to the elbow first to help keep the hinges properly positioned. Velcro "Alligator" tabs are provided that should be used to secure the tightened straps in position (3). Pull each strap tight, preferably to the front aspect of the arm, and secure the strap with the Alligator "hook" tab. To shorten the strap, remove the Alligator hook tab, cut the strap and reapply the Alligator hook tab – but make sure you don't cut the strap too short.
- 4. Comfort and Control:** For added comfort and control, you can contour the semi rigid aluminum paddles(4) located under each strap to help create a more intimate fit, promoting greater purchase and comfort.

Standard Options & Accessories

Pad Configuration Options

- Individual Breeze pads attached to the brace
- Individual full wrap, two upper and two lower pads

Bar and Hinge Assemblies

- 15" to 17" tool less adjustable side bars
- Adjustable ROM hinges with spring engaged drop lock
- Locking capabilities at 90°
- Semi-rigid cuffs for added control and comfort
- Contouring voids in upper bar
- Dual or Single hinge options

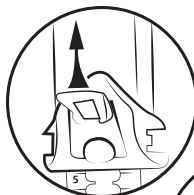
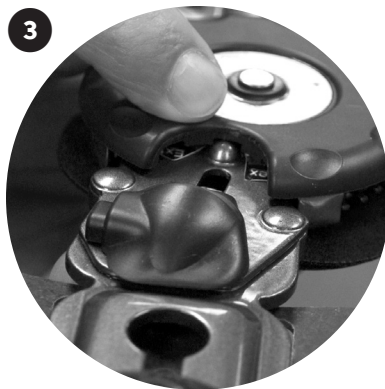
Straps with adjustable Velcro "Hook" Tabs

- Four Velcro straps
- Velcro "Alligator" tabs for securing the straps in position

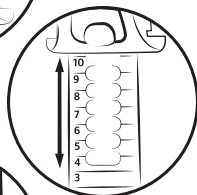
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L-0151 REV. A



Lift



Slide



Lock

Hinge Settings

The hinges should be pre-set to the desired flexion and extension setting before the brace is initially-applied to the arm.

Engaging and Disengaging the Drop Lock:

The drop lock engages at 90°. **Note: For the drop lock to engage, the flexion stop has to be set at 90° or more in order for the drop lock to engage.** To disengage the drop lock, simply pull up on the lock until it clicks into a free motion (unlocked) position. **Note: The return button on the top of the lock should pop up when the lock is in the correct position.** To return the drop lock to a locked position, push the return button at the top of the lock. Once the patient's arm and brace reach 90°, the lock will engage.

Flexion & Extension Stop Instructions

- 1. Flexion Stops:** Lift up and disengage the drop lock allowing you to rotate the hinge cover so the opening provides access to the locking arm that controls the flexion setting. Pull the locking arm straight out from the notched setting, bend the brace to the desired position, then rotate the cover and arm to the new flexion setting. Push the locking arm into the desired setting.
- 2. Extension Stops:** With the drop lock up and disengaged rotate the hinge cover so the opening allows access to the locking arm that controls the extension setting. Pull the locking arm straight out from the notched setting, bend or extend the brace to the desired position, then rotate the cover and arm to the new extension setting. Push the locking arm into the setting.
- 3. Positioning the Hinge Cover:** Return the hinge cover to neutral position with the opening at the top of the hinge between the flexion and extension settings. You will note the raised bump at the bottom of the hinge. This small notch prevents the hinge cover from rotating inadvertently while the brace is in a free motion position, keeping the range of motion stops positioned correctly.

Length Adjustment

ROM-LBO bars are routinely pre-set at the factory to a 15 inch length. The length of the ROM-LBO can be adjusted by lifting the SnapLock Adjustment Mechanism and sliding the extension bar to the desired length (adjustment lengths are in 1 inch increments). To shorten the length, simply follow the directions in reverse. **Note: When adjusting the length, make sure you hear the SnapLock "click", or lock into place, and ensure there is a visible line before locking down the Adjustment Mechanism.**

Townsend ROM braces are designed for short-term post-operative rehabilitation purposes only. ROM braces must be prescribed and fit by a medical professional, and are not reusable for multiple patients. The brace is covered by a 90 day warranty against defects in materials or craftsmanship. If you have questions regarding application instructions or product warranties, please speak with your local Townsend representative or call 800.432.3466.

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