

# ROM Elbow Post-Op Single & Double Upright

## Indications

- Post-operative elbow or arm surgery
- Collateral ligament sprains
- Ulnar nerve injuries
- Stabilize fractures
- Radical fractures
- Lateral/Medial epicondylitis

## Contraindications

- Unstable fractures
- Fracture of proximal humerus
- Fracture of distal radius

## Care & Warranty

Townsend ROM Elbow Braces are designed for short-term post-operative rehabilitation purposes only. These braces must be prescribed by a physician and fit by a qualified medical professional. They 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 Townsend representative or call 800-432-3466.

## Fitting Instructions

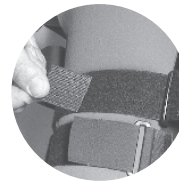
### Applying Comfort Pads:

Apply the four individual foam pads to the arm so they will serve as a comfortable interface between the brace and skin. Please note, the pads are different lengths to accommodate variances in the circumference of the wrist and upper arm. After positioning all the pads, excess foam should be trimmed with scissors to ensure a streamlined fit and neat appearance. Always cut from the end of the pad that does not have the Velcro hook needed to secure the pad around the arm.

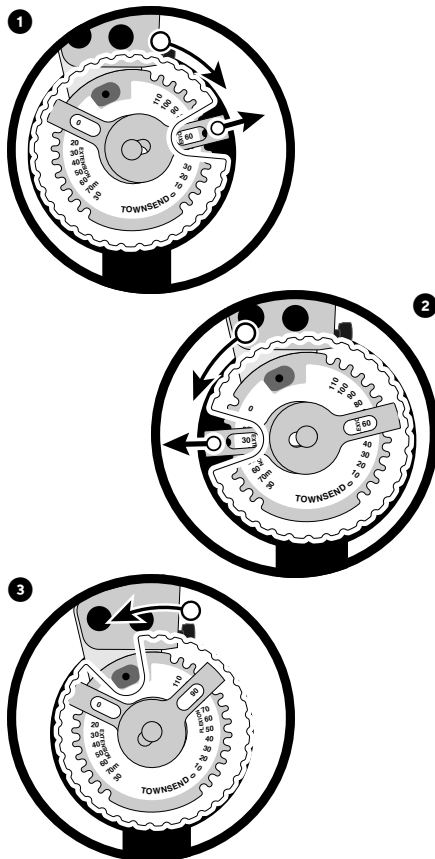
### Positioning the Hinge/Bar Assembly:

For your convenience, the straps have been pre-inserted through the bar assemblies and should not be removed. For larger patients, you may need to loosen the straps slightly to allow you to properly position the bar(s) against the sides of the arm. Lift the patient's arm and slide the brace straps under the posterior aspect of the forearm and upper arm. Press the bar(s) in against the foam pads to secure the brace in proper alignment with the elbow joint.

### 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 "hook" tabs are provided that secure the tightened straps in position. Pull each strap tight, apply a tab to the strap on the front aspect of the arm, and secure the strap onto the "hook" tab. You may cut any excess strap material to give the brace a neater appearance — but make sure you don't cut the strap too short.



## Hinge Settings

Multi-Adjustment ROM elbow braces have a simple quick dial hinge that enables medical professionals to control flexion and extension in 10 degree increments. You may want to pre-set the hinges to the desired flexion and extension setting before the brace is initially applied to the arm. As rehabilitation progresses, the setting can be modified without removing the brace from the patient's arm. To change the flexion or extension setting, follow these simple steps:

1. Rotate the hinge cover so the opening allows access to the locking arm that controls the flexion setting. Pull the locking guide straight out from the notched setting, bend the brace to the desired position, then rotate the cover and locking guide to the new flexion setting. Push the locking guide into the desired notch.
2. Rotate the hinge cover so the opening allows access to the locking guide that controls the extension setting. Pull the locking guide 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 guide into the notch.
3. 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 in the hinge. You may use the Allen head screw and Allen wrench that come with the brace to lock the hinge cover in this neutral position and prevent the patient from being able to move the cover to change the range-of-motion settings.
4. For ROM Post OP Dual Upright model repeat steps 1-3 on the opposite hinge. Both hinges must set to the same degree of extension/flexion.

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