

Range of motion elbow brace fitting and care instructions (Ascender)

Orthopaedic casting outpatients department [Patient information](#)

Indications

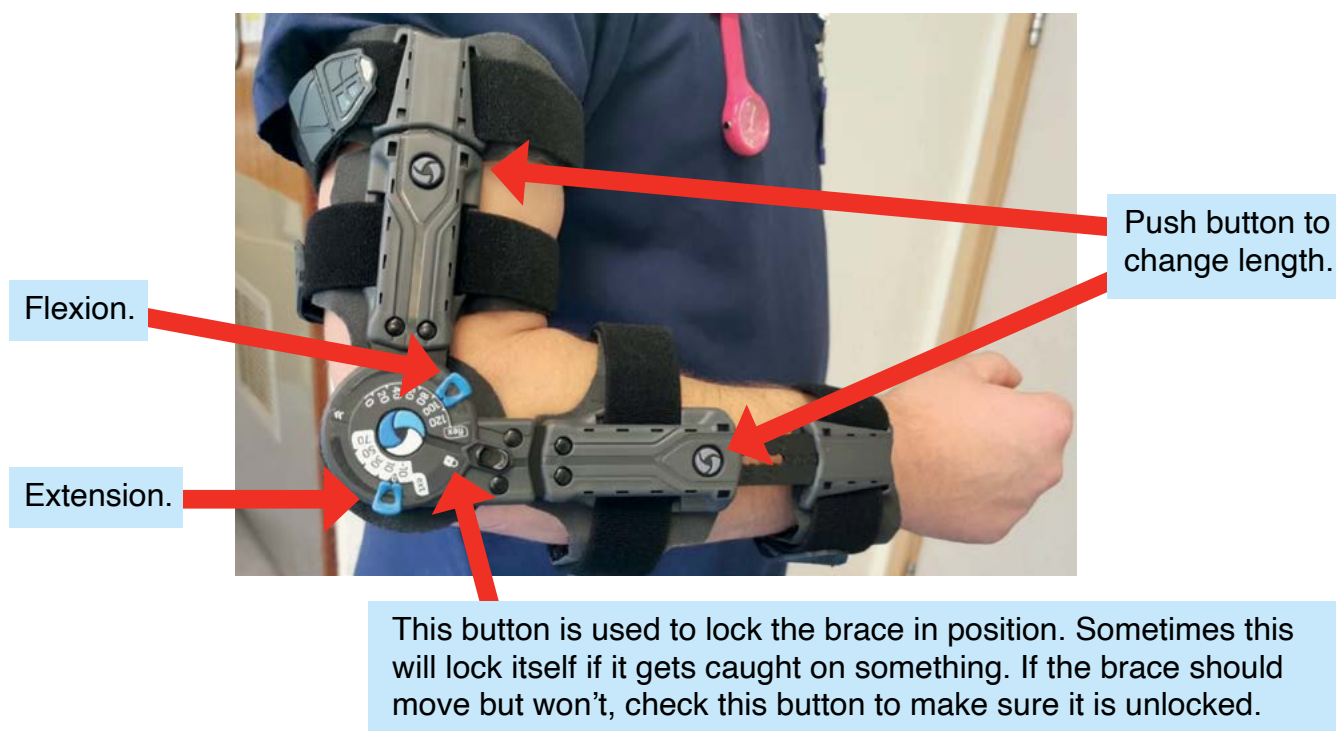
- Controlled range of motion of the elbow
- Post-surgery
- Post fracture
- Contracture management.

To reapply the brace:

- One size brace that can be adjusted to fit a wide range of sizes
- Set the hinge to the required range of motion by pulling the FLEX and the EXT tabs to the desired degree of movement.
- Set the forearm and humeral sections to the correct length.
- Open all the straps or loosen so the arm can fit inside the brace.
- Apply to the arm so the dial is sitting on the elbow - if that is anywhere else the arm won't bend as it should.
- Ensure the elbow is being held in the correct position (if required).
- Tighten up the crocodile Velcro tabs to the brace is snug. This should have been cut before application by a member of staff.
- To be worn as instructed by your clinician.

Care instructions

- The brace can be wiped over with a damp cloth or sponge.
- Avoid storing the brace near a heat source.
- Contact your clinician if any adjustments are required unless you've been told otherwise.



If you have any concerns or queries regarding your brace, please do not hesitate to contact us on the number below.

Contact details (Poole)

Plaster room

Telephone: **0300 019 2140**

Emergency Department

Telephone: **01202 442202**

Please note: Our telephone lines are open from 9am to 5pm however a 24 hour answerphone service is available and we will get back to you as soon as we can.

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or email **patientexperienceteam@uhd.nhs.uk**.

Poole Hospital, Longfleet Road, Poole, Dorset, BH15 2JB

Author: **Gary Smith** Date: **March 2025** Version: **Four** Review date: **March 2028** Ref: **593/21**

t: 01202 665511 w: www.uhd.nhs.uk @uhdnhs.bsky.social @UHDTrust @uhd_nhs