

Range of Motion Elbow Brace Fitting and Care Instructions (Benecare)

Indications

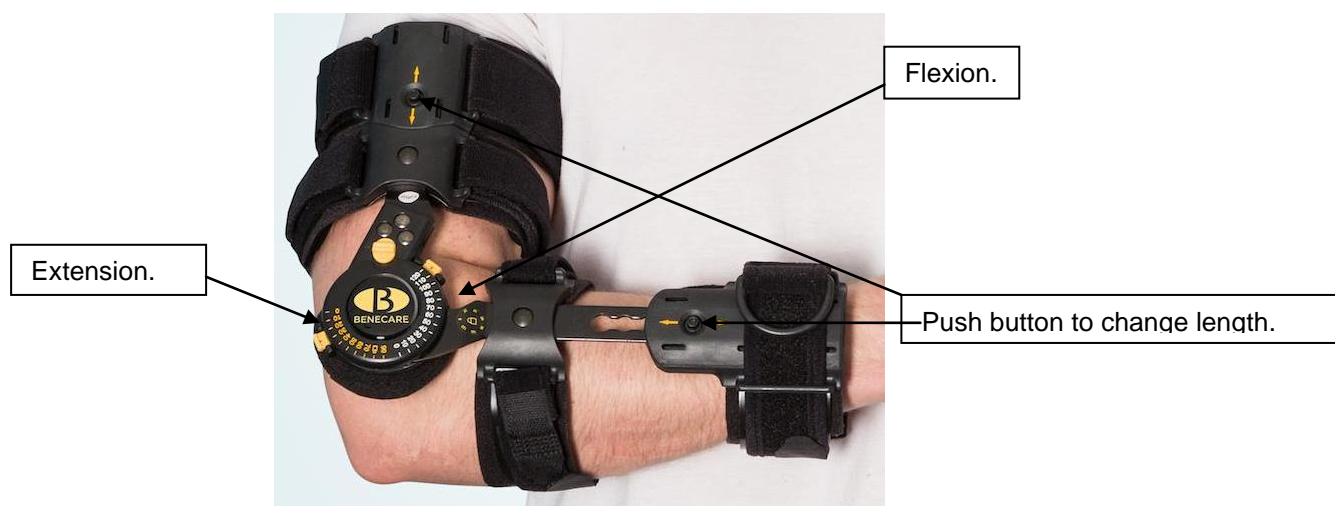
- Controlled range of motion of the elbow
- Post-surgery
- Post fracture
- Contracture management

Fitting Instructions

- One size brace that can be adjusted to fit a wide range of sizes
- Set the hinge to the required range of motion by pushing the FLEX and the EXT buttons to the desired degree of movement.
- Set the forearm and humeral sections to the correct length
- Open all the straps and unclip the top 3 clips – the bottom strap (near the wrist) has no clip so just unstrap and pull through.
- Apply to the arm so the dial is sitting on the elbow – if that is anywhere else the arm wont bend as it should.
- Ensure the elbow is being held in the position required.
- Reattach the clips and tighten it up by pulling the Velcro straps.
- 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

Plaster Room

Telephone: 0300 019 2140

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.

For further general health-related information, please ask the relevant department for an Information Prescription or contact:

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Please use this QR code to access the Plaster Room website for more advice leaflets and contact details.

