

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

Indications

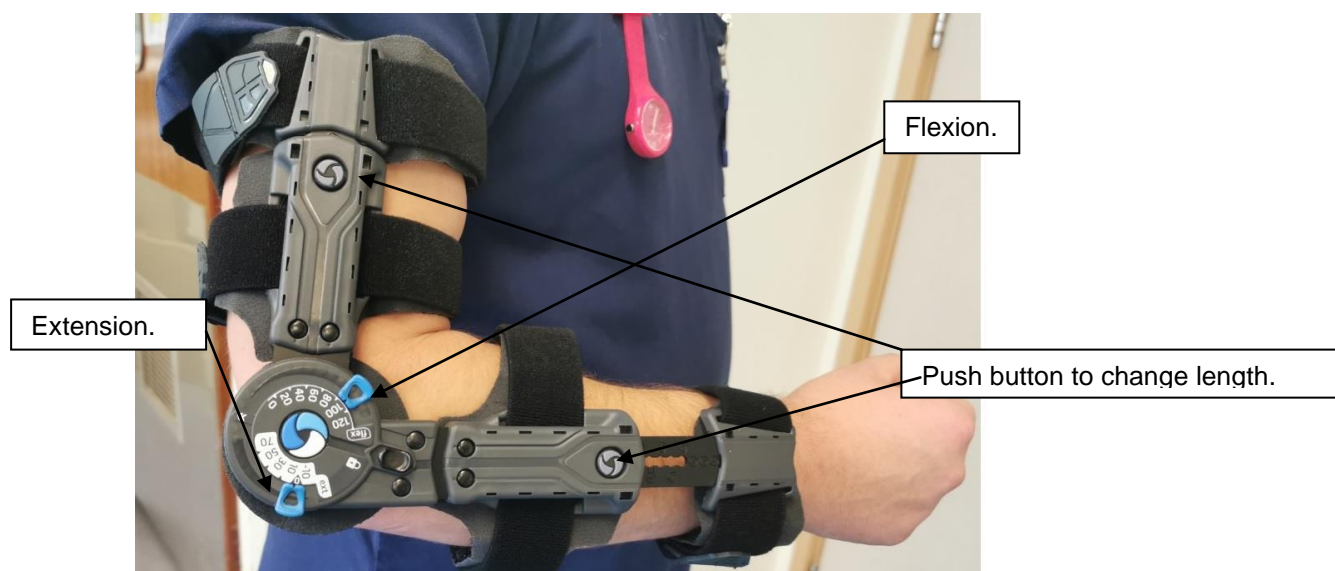
- Controlled range of motion of the elbow
- Post-surgery
- Post fracture
- Contracture management

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 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

Plaster room
Telephone: 0300 019 2140

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