



Upper Extremity/Elbow Orthoses

You have been fitted with an Upper Extremity/Elbow Orthosis. This orthosis is designed to support your limb and limit the motion of your elbow/arm. Unless otherwise instructed by your physician, this device is to be worn at all times. At least once per day, remove your orthosis and inspect your skin. There may be some skin redness from pressure areas. Redness which persists for more than 15 minutes after removal can be a sign of excessive pressure. If this should happen, or if there are any signs of numbness, tingling, color change, excessive itching, swelling or pain please do not reapply the orthosis and contact our office for an adjustment. Failure to do so may lead to skin irritations and discomfort.

Your orthosis can be cleaned with a wash cloth and mild soapy water. Make certain all soap residue is removed and the orthosis is completely dry before re-applying. Avoid using a hair dryer or placing near a heater to speed up the drying process as this can damage the device. If your device came with socks, replace the sock every 24 hours with a clean, dry sock. Make certain the orthosis is reapplied properly, with all straps secured snugly.

Be certain that you are comfortable with how to properly put on and take off your orthosis and never attempt to modify your orthosis yourself. Please inspect your orthosis daily for any signs of wear including cracking, loose parts or decreased effectiveness of the device and call the office if needed. Also, don't hesitate to call if you have any questions about wearing the device. A yearly check up is recommended.

If you were given specific manufacturer care instructions for your orthosis please be sure to follow the directions closely.