

### Single Patient Use

Any product supplied by Chris Hanley & Partners is for use by a single named patient only, as prescribed and fitted by a qualified clinician.

Re-use of any product is potentially dangerous and will invalidate the CE mark and any warranty.

### Care and Maintenance

- This product may be cleaned using a mild detergent and cold water
- Do not use bleach or strong detergents
- Hand wash and air/line dry only

### Precautions

- If you experience pain, swelling, sensation changes or any adverse reactions while using this product, consult your medical professional immediately
- Proper rehabilitation and activity modification are also essential parts of a safe treatment program
- This product should only be prescribed and fitted by a licensed health care professional



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# TELESCOPIC ELBOW BRACE INSTRUCTION LEAFLET



## Application

### **1. Assessing Length:**

Locate the hinge pivot centre over the lateral humeral epicondyle (outer elbow).

### **2. Adjusting Length:**

The brace is preset to 13" in length and extends fully to 17" in length. To adjust the length, press the button on the distal cuffs and pull the cuffs away from the elbow joint to the desired length.

The lower extension (ulnar side of arm) should extend up to the styloid process (the bump on the medial side of the wrist). The upper extension (humeral side of arm) should extend up to the most comfortable position at the axilla or arm pit.

### **3. Decreasing Length:**

Press the button on the distal cuffs and push the extending cuff to achieve the desired length.

### **4. Bending the Cuffs:**

Bend the cuffs to securely wrap around the circumference of the arm. Start with the cuffs proximal to the elbow.

### **5. Trimming of Straps:**

Trim the strap lengths as necessary. Remove the hook piece, trim the strap and reapply the hook piece.

### **6. Securing the Straps:**

After length and cuff circumference are determined, secure and fasten all straps, starting with the two straps closest to the elbow.

### **7: Range of Motion Adjustment:**

To adjust range of motion, press the flexion or extension button and rotate until the desired degree of flexion or extension shows through the corresponding window. Brace provides full range of motion from 0° to 120°.

### **8: Enforced Compliance:**

Loop and secure the enclosed lock ties through the hole in the flexion and extension buttons to limit range of motion adjustment.

### **9. Lateral Bar Adjustment**

Side bars may be bent to fit individual anatomies. Side bars must be bent with final length adjustment completed. Bend with bending irons.

## NECK STRAP APPLICATION

10. Attach the D-Ring to the strap closest to the wrist

11. Place the neck strap over the opposite shoulder of the injured arm and across the back and under the unharmed arm

12. Use the clip to attach the free end of the neck strap to the brace

13. Unattach the loop of the free end and raise it to a comfortable position. Reattach the hook piece. Slide the neck strap pad over the shoulder so the neck strap feels comfortable.

### **14. Removal and Re-application:**

To remove the Telescopic Elbow Brace, unfasten the straps and loosen the cuffs. The brace can then be removed and reapplied using one hand as a single unit.

## ARM BAR KIT APPLICATION (optional)

1. Unfasten distal cuff strap and align arm bar across the parallel slots.

2. Place screws through each slot and the arm bar and secure with screw connectors. Do not fully tighten screws.

3. Apply brace onto patient as per above instructions. Once applied, determine the desired angle of the arm bar and tighten the screws to lock the angle.