

Care Plan

Flex POP Knee & Elbow Orthoses

Patient Problem

1. Joint stiffness from immobilization or knee/elbow flexion contracture which will yield to passive manipulation and / or passive stretching.
2. Knee / elbow instability
3. Strains
4. Sprains
5. Knee/elbow ligament repairs

Expected Outcome

1. Reduce knee/elbow flexion contracture.
2. Maintain knee/elbow function and alignment.
3. Avert permanent deformity.

Nursing Actions

1. Passive range of motion to limb Q8H or as ordered by physician.
2. Apply orthosis as per instructions enclosed.
3. Adjust hinges as described in application instructions.
4. Check for correct placement and insure limb has not migrated in orthosis Q2H.
5. Remove orthosis Q4H or as per physician or therapy order.
6. Passively stretch joint each time before re-applying orthosis.
7. Document progress in chart.

Nursing Alert

1. Degree of orthosis should never be changed except by medical professional or physician order.
2. Wearing time may be increased according to patient's tolerance and response.
3. Straps should be snug but not too tight. Check for redness or edema.



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Literature may not reflect current
manufacturer specifications.
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Flex POP Knee & Elbow Orthoses

The Flex POP Knee & Elbow Orthoses by RCAI provide rehabilitation for joint stiffness and contractures, instability, strains, sprains, and ligament repairs. Constructed of a breathable one-piece Ortho-Wick™ liner, these lightweight braces absorb perspiration and moisture away from the patients' skin, keeping them cool and comfortable. The versatile Flex POP features range of motion hinges, with flexion and extension stop settings at 5° on the POP Knee and 7 1/2° on the POP Elbow. The hinge arms are positioned in medial/lateral panels to prevent migration on the leg. Straps are sewn to the brace liner to prevent loss in the laundry.

Setting the Hinge:

1. Push down on spring lock pin and rotate the hinge cover to expose the flexion stop pin. Place pin in desired setting — pin holes are in 5 or 7 1/2° increments and the numbers on the hinge correspond to the outside row. Rotate the hinge cover to expose the extension stop and set pin. Reposition the hinge cover and release the spring lock stop into the notch.
2. Set both the medial and lateral hinges to the same settings.



Flex POP Knee

| Size | Measure Mid Thigh Circumference | Model # |
|-----------|---------------------------------|------------|
| Small | 12" – 15" (30.5–38.1 cm) | 57FKPOP-S |
| Medium | 15" – 20" (38.1–50.8 cm) | 57FKPOP-M |
| Large | 20" – 24" (50.8–61 cm) | 57FKPOP-L |
| Ex. Large | 24" – 30" (61–76.2 cm) | 57FKPOP-XL |

Flex POP Hinge

- Flexion/extension stop sets at 5° increments for the knee, and 7 1/2° for the elbow.
- Tibial offset for anatomical alignment

Flex POP Elbow

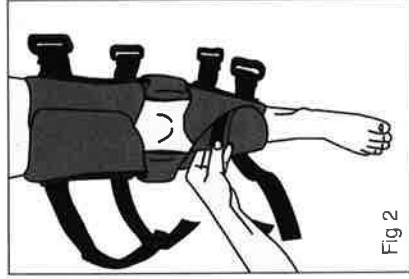
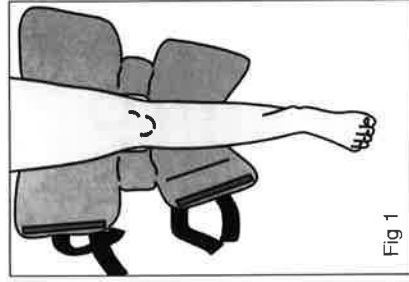
| Size | Measure Mid Humeral Circ. | Product Length | Model # |
|-----------|------------------------------|----------------------|-----------|
| Pediatric | 7 - 9" (17.8 - 22.8 cm) | 10 1/2" (26.7 cm) | 58EPOP-P |
| ExSmall | 8 - 10" (20.3 - 25.4 cm) | 14" (35.6 cm) | 58EPOP-ES |
| Small | 8 - 10" (20.3 - 25.4 cm) | 16" (40.6 cm) | 58EPOP-S |
| Medium | 10 - 12" (25.4 - 30.5 cm) | 16" (40.6 cm) | 58EPOP-M |
| Large | 12 - 16" (30.5 - 40.6 cm) | 16" (40.6 cm) | 58EPOP-L |
| XLarge | 16 - 21" (40.6 - 53.3 cm) | 16" (40.6 cm) | 58EPOP-XL |

Overall Product Length 15 1/2" (39.4cm) Hinge Length 14" (35.6cm)

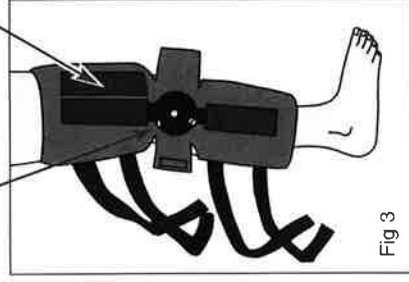
Limited Warranty Coverage: Any defect in material or workmanship solely limited to the Kydex® plastic frame or metal portion or hinge mechanisms for 1 (one) year from date of purchase.

Flex POP Knee Application

1. Measure circumference of limb for appropriate sizing.
2. Passively stretch affected leg.
3. Open liner and straps and center brace at back of leg. (Figure 1)
4. Fold thigh and calf portions of brace around leg and secure with Velcro® strips provided. (Figure 2)
5. Hinges should align with knee joint and rest midline on the limb. (Figure 3A) If the upper arm of the hinge does not rest midline, to increase circumference, remove the arm and reinsert it into the adjacent panel sewn on the brace.
6. Loop and lock straps through D-Rings. Fasten brace straps securely, but not tight enough to impede circulation. (Figure 4)

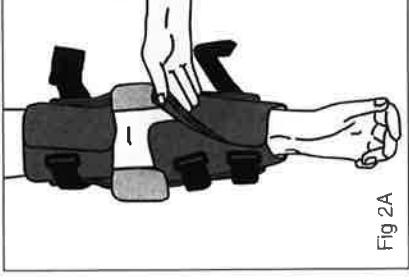
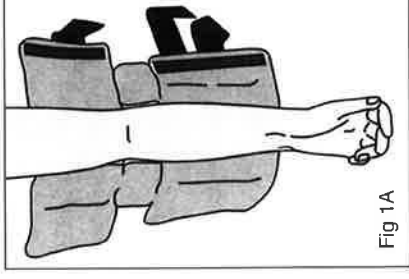


Center hinge (adjacent panel) at knee

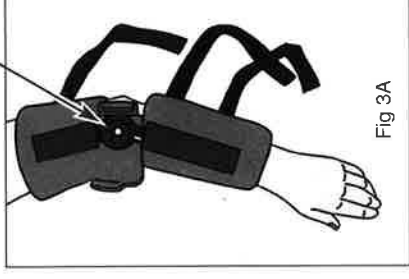


Flex POP Elbow Application

1. Measure circumference of arm for appropriate sizing.
2. Passively stretch affected arm.
3. Open liner and straps and center brace at back of arm. (Figure 1A)
4. Fold humeral and forearm portions of brace around arm and secure with Velcro® strips provided. (Figure 2A)
5. Hinges should align with elbow joint and rest midline on the limb. (Figure 3A)
6. Loop and lock straps through D-Rings. Fasten brace straps securely, but not tight enough to impede circulation. (Figure 4A)



Center hinge at elbow



Washing Instructions: Remove hinges. Hand wash or gentle machine wash liner and straps in mild detergent and low water temperature. Tumble dry.