

Care Plan

Respond R.O.M. Range of Motion Knee and Elbow Orthoses

PATIENT PROBLEM

Joint stiffness from immobilization or knee/elbow flexion contracture which will yield to passive manipulation and/or passive stretching.

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 or therapy order.
2. Apply orthosis as per instructions enclosed.
3. Adjust hinges as described in application instructions.
4. Check for correct placement and ensure limb has not migrated in orthosis Q2H.
5. Check cuffs Q2H to ensure no pressure points have occurred.
6. Remove orthosis Q4H or as per physician or therapy order.
7. Passively stretch joint each time before re-applying orthosis.
8. Document progress in chart.

NURSING ALERT

1. Degree of orthosis should never be changed except by physician or therapy 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.



Restorative Care of America
INCORPORATED

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Respond R.O.M. Range of Motion Knee and Elbow Orthoses

The RCAL Range of Motion Knee and Elbow Orthoses provide rehabilitation for joint stiffness, contractures, instability, sprains, strains and ligament repairs. They offer adjustable positioning capabilities to allow gradual joint extension for a wide variety of patients.

The static, or serial splinting setting offers positive lock immobilization. Joint motion is controlled, providing anterior, posterior stability. Flexion and

extension stop settings allow the protected range of motion required to meet individual patient needs. The knee or elbow cap provided offer three point pressure leverage.

The R.O.M. Knee and Elbow Orthoses are available in two washable liners. The Kodel® insert liner provides patient comfort and protection. The foam liner absorbs perspiration away from the patient's skin to promote good skin integrity.

RESPOND R.O.M. Knee Orthosis

Product Length 17" (43.2cm)

Size	Circumference	Model #	Kodel #
Ex. Small	13" - 16" (33-40.6cm)	37KCO-ES	33KCO-ES
Small	16" - 18" (40.6-45.7cm)	37KCO-S	33KCO-S
Medium	18" - 20" (45.7-50.8cm)	37KCO-M	33KCO-M
Large	20" - 24" (50.8-61cm)	37KCO-L	33KCO-L

RESPOND R.O.M. Elbow Orthosis

Size	Measure	Model #	Kodel #	Product Length
Small	9 - 11" (22.9 - 27.9cm)	38ECO-S	34ECO-S	12" (30.5cm)
Medium	11 - 13" (27.9 - 33cm)	38ECO-M	34ECO-M	13" (33cm)
Large	13 - 15" (33 - 38.1cm)	38ECO-L	34ECO-L	13" (33cm)