Rebound Post-Op Elbow

Application, removal, and care guidance for your elbow brace



APPLICATION

- Position the range of motion (ROM) hinge over the lateral humeral epicondyle (outside elbow).
- Adjust the length by sliding the upper and lower frames until you reach the desired position.
- Lock the length in place.
- Contour the top cuffs to capture the upper arm and triceps.
- Contour the forearm cuff to maximize contact.
- Adjust the wrist cuff to match the desired hand position for neutral, supination, or pronation.
- Connect the over-center buckle by lining up the opening on the blue buckles and pushing down on the buckle.
- Adjust all four straps to fit snugly; you may trim the strap length as needed.

ROM HINGE

- **Do not change the ROM hinge setting unless instructed by your physician or physical therapist.**
- Note the present limits by viewing the flex/ext settings when initially fit.

REMOVAL

- Release the strap locks by pulling toward the uprights while simultaneously lifting up to release.
- Pull the brace off of the arm.

CARE

- Hand wash soft pads and straps in cold water with mild detergent, rinse well, and air dry.
- The frame of the brace can be wiped clean with a damp cloth.

> **Note:** *If you experience persistent pain, swelling, numbness, or discoloration while wearing this brace, remove it and contact your healthcare provider.*