

Elbow PO ROM Brace

The **ISO Preferred Elbow PO ROM Brace** is a post-op (PO), range-of-motion control (ROM) brace that reduces the time it takes to heal discomfort from injuries or post-surgery. Please follow your orthopedic professional's instructions explicitly and adjust or discontinue use only as directed to achieve maximum benefit for your concerns.



ISO Preferred Elbow PO ROM Brace (EL205x) is intended for the support of Post-operative immobilization or ROM control for the elbow, Conservative treatment of elbow or shoulder dislocation or luxation, Stable or internally fixed fractures of the distal humerus or proximal radius or ulna tennis elbow release, Rupture of the tendon in elbow, Cubital tunnel syndrome, Elbow hyper extension, Chronic elbow injuries, Elbow fractures, Ligament/tendon injuries or repairs, Distal biceps tendon repair and Tommy John surgery.

1. Pull the shoulder strap out from the center of the brace and unfasten all straps. Unlock the rotating joint of the elbow brace, as it is packaged in the locked position. Slide the red button (A) away from the center to unlock the brace.
2. Adjust the length of the elbow brace on both the top and bottom sections per your doctor's instructions. There are four over-center fastening straps on the elbow brace. Place your arm inside the brace with the straps open. Position the hinge over the lateral humeral epicondyle (outer elbow). **DO NOT OVERTIGHTEN.**
3. While the hinge is aligned with the elbow, make length adjustments to the forearm. Slide the locking button into the unlock position. Slowly increase or decrease the length for both the humeral part of the arm as well as the lower section till the end is as close to your wrist bone as possible. Be sure to keep the aluminum half circle parts to the rear of your arm, while keeping the rotating joint against the outer part of your elbow.
4. Move arms to the desired position between the prescribed range of motion (ROM). Press the yellow *extension* button for the extension rotation and slide it to the desired setting. The button will spring out to set the *extension* range of motion. Next, press the yellow *flexion* button and slide it to the desired setting. The button will spring out to set the *flexion* range of motion. You can securely lock the push buttons into place by threading the included ties through the holes, and cutting off the waste.
5. To lock your settings for the elbow joint into place simply slide the red button into the lock position.
6. Shoulder Strap Application. Once all closure straps on the brace have been tightened, feed the shoulder strap through the bracket on the forearm and fasten to itself with the gripping material. Guide the shoulder strap up over the *injured* shoulder, behind the neck and then under the *uninjured* arm. Attach the strap clip connector to the same bracket holding the other end of the strap, located at the forearm. Ensure a snug fit for all straps. **DO NOT OVERTIGHTEN.**





INTRODUCTION

Your **ISO Preferred Elbow PO ROM Brace (EL205x)** is designed to provide your body with the support and stability that it needs to successfully manage or eliminate your mobility concerns. It is critical that you follow your orthopedic professional's directions closely to ensure that the apparatus is worn properly and in the manner that will be most beneficial in addressing your issues. For correct application, please read the enclosed instructions and watch the on-line instructional video (if available) at www.ISOpreferred.com so that this device can provide you with superior long-term usability and care.

USAGE RECOMMENDATIONS

It is vital that you read the included instructions and when applicable watch the instructional video for the **ISO Preferred Elbow PO ROM Brace (EL205x)**. The brace is intended for application by qualified professionals only. It is not recommended for patients to fit or apply or adjust their new brace without an orthopedic professional's expertise, unless otherwise instructed. Further questions regarding adjustments or changes, frequency of use, and/or duration of use should be presented to your orthopedic professional, as they are familiar with the specific needs and conditions, for which this device was prescribed.

CARE AND CLEANING INSTRUCTIONS

Please do not place your brace in the washing machine or dryer at any time. When preparing to clean your **ISO Preferred Elbow PO ROM Brace (EL205x)** you will want to separate the parts where applicable and care for them individually.

- Do not dry clean, iron, bleach, or use an abrasive cleaning instrument on any part of the brace. Failure to follow these instructions may damage your brace and void the manufacturer's warranty and it may no longer work properly.
- Separate the inner padding from the outer plastic shell.
- Remove the straps when applicable.
- Hand wash each section in cold water with a mild detergent. Lay flat to air dry.
- Allow all parts to air dry prior to reassembling the device.

CAUTION

The **ISO Preferred Elbow PO ROM Brace (EL205x)** is for single patient use only. While every effort has been made to obtain maximum strength, function and durability, there is no guarantee that injury will be prevented through the use of this device, especially if the instructions are not followed correctly. **DO NOT OVERTIGHTEN.**