

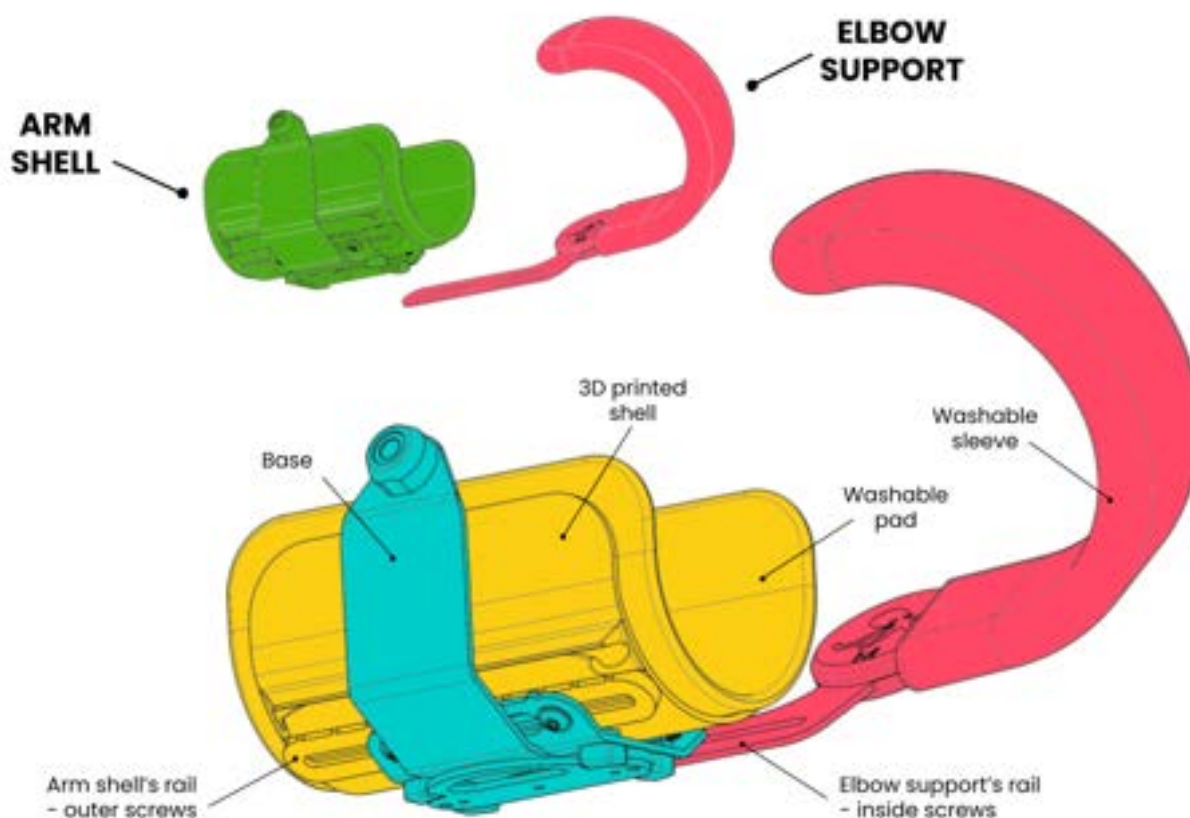
# INSTRUCTIONS FOR USE

## **ORTHOPUS' ARM BRACE**



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## 1. ILLUSTRATED DRAWING OF THE ARM BRACE



## 2. CHOOSING THE RIGHT SIZE OF ARM BRACE - prior to fitting

**Supplies:** tape measure



These measures must be taken **before** the installation in order to command the right arm shell size for the patient. **The right arm shell size is critical to take full advantage of the ORTHOPUS Supporter.**

	<p>To find the right arm shell' size, measure the forearm perimeter, where it's larger.</p> <p><i>For this step, we advise you to do the measurement on a naked arm, or with a very light clothes.</i></p>
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The perimeter obtained gives your the **right size of arm shell:**

Forearm perimeter close by:	Matching arm brace:	In doubt, we recommend you to always opt for an arm shell one size bigger.
188 mm	<b>S</b>	
251 mm	<b>M</b>	
314 mm	<b>L</b>	
355 mm	<b>XL</b>	





To choose the right size of the elbow support, measure the arm a few centimeters above the elbow.

The perimeter obtained gives you the **right size of elbow support**:

Arm perimeter close by:	Matching elbow support:
220 mm	<b>S</b>
314 mm	<b>M</b>
408 mm	<b>L</b>
503 mm	<b>XL</b>

### 3. ARM BRACE' ASSEMBLY

**Supplies:** Allen key 2.5mm

#### ASSEMBLE THE ARM SHELL AND THE ELBOW SUPPORT

**1**



Here is the arm brace as you received it in the package.



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<p><b>2</b></p>		<p>Unfold the elbow support as illustrated in this photo.</p>
<p><b>3</b></p>		<p>Sideway pull on the velcro strap to remove it.</p>
<p><b>4</b></p>		<p>Place the arm shell in the same angle as in the picture and unscrew the 2 screws of the base.</p>
<p><b>5</b></p>		<p>Put down the arm brace in front of you (towards the bottom) and place the elbow support in the direction you want (right or left), using the adjacent pictures.</p>


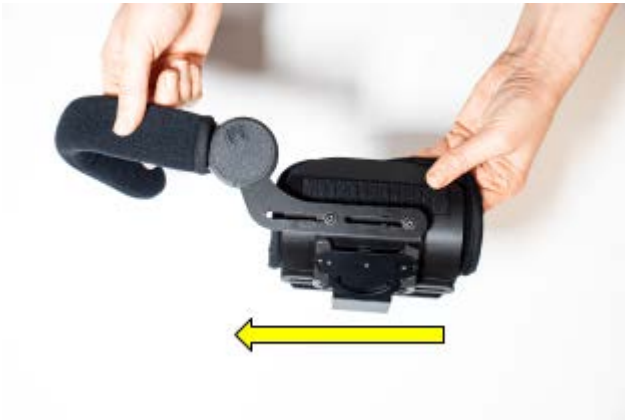


		
6		<p>Place the elbow support' rail on top of the arm brace base and screw back the 2 screws.</p>
7		<p>Twist the elbow support to form an arc.</p>



## 4. ARM BRACE INSTALLATION AND ADJUSTMENTS




### LOOSEN THE 4 ADJUSTMENTS SCREWS

1		<p>Slightly <b>loosen</b> the 4 adjustment screws to unblock the arm shell and the elbow arm support.</p> <p><i>Do not remove the screws completely!</i></p>
2		<p>Thus the elbow support can move from left to right.</p> <p>Move the elbow to support the furthest of the arm shell. It will be adjusted later.</p>

### ADJUST THE ARM BRACE ON THE USER WITHOUT THE ORTHOPUS SUPPORTER

1		<p>Place the user's arm in the arm shell.</p> <p><b>Position the arm brace's base closest to the elbow. Then move it alongside the forearm until you find the fulcrum.</b></p> <p><b>Most of the time, the fulcrum is located a few centimeters from the elbow.</b></p>
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2		Tighten the 2 outer screws.
3		Put the velcro strap back and fasten it around the user's arm.








## ADJUST THE ELBOW SUPPORT

1		<p>Put the elbow support closer to the arm until they are in contact.</p>
2		<p>Loosen the 2 inside screws.</p>
3		<p>Slightly, twist the elbow support to push up upwards. The flat part must be in full contact with the arm.</p> <p><i>Feel free to remove the user's arm from the arm brace to do this more easily.</i></p>





<p>4</p>		<p>At this step, if the shell is annoying the user at the elbow, you can set his positioning. Loosen the 2 outer screws to find a better position. Then tighten the 2 screws.</p>
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## 5. FIXING, CHECKING & FOLLOW-UP



POSITION' CHECKING		
<p>1</p>		<p>Fit the arm brace on the ORTHOPUS Supporter with the withballs spindle.</p>
<p>2</p>		<p>Ask the user to perform daily and typical movements, using the <b>STATIONARY</b> mode.</p>




<p>3</p>		<p>When the arm comes back a few centimeters under the arm rest, check if the arm stays horizontally.</p>
<p>4</p>		<p>If the arm is bending, loosen the 2 inside screws. Then, move forward the elbow support and the arm. Tighten the 2 screws.</p> <p>Congrats, you have finished!</p>






## USER'S COMFORT CHECKING

1		Be sure of the user's comfort (redness, warmth, itching etc.)
2		If needed, lower the armrest's height to keep the shoulder from shifting upwards when using the ORTHOPUS Supporter.

## FOLLOW-UP OF A FITTED USER WHO NEEDS AN ADJUSTMENT

1		Check if the ORTHOPUS Supporter is correctly positioned. The attachment point has to be aligned with the shoulder, behind the armrest.
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<p>2</p>		<p>Choose the <b>STATIONARY</b> mode and with the buttons, position the arm brace a few centimeters above the armrest. The arm should be horizontal.</p>
<p>3</p>		<p>If not, to readjust the arm brace, loosen the 2 inside screws. Position the arm shell as close as possible to the elbow.</p>
<p>4</p>		<p>Move it alongside the forearm until the arm is horizontal: you find the fulcrum! Tighten the 2 inside screws.</p>

## 6. SETTING FEATURES SUMMARY

These 4 settings can be adjusted separately during the fitting process. The expected outcome will always be the users' comfort.

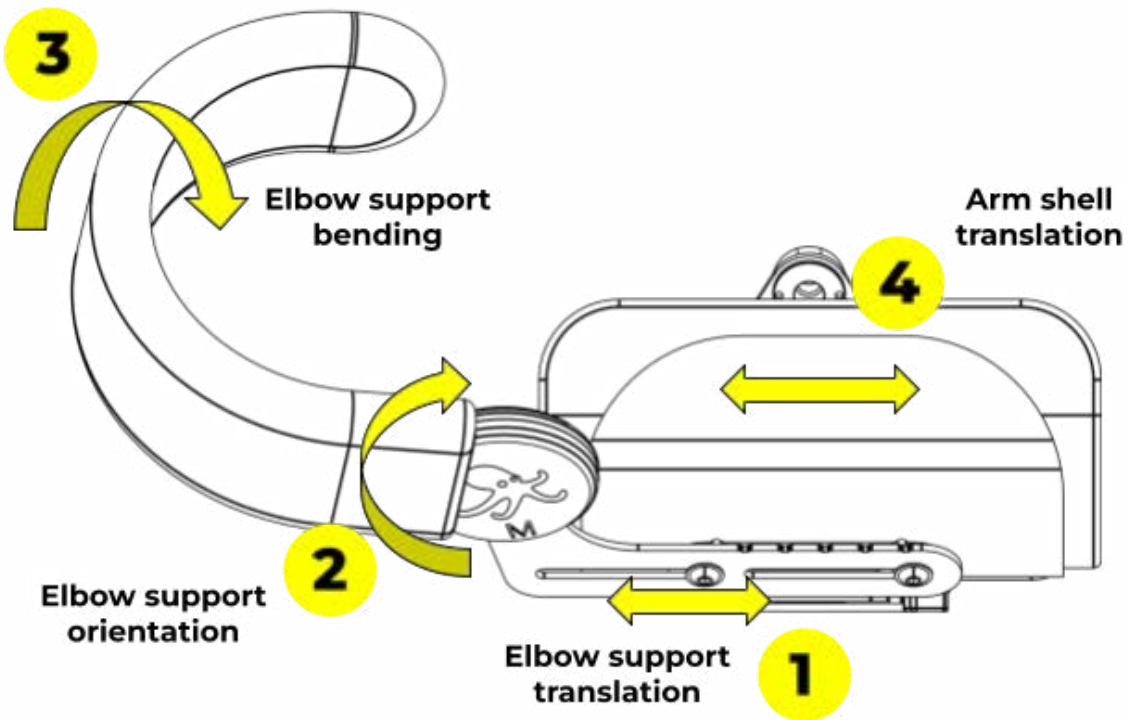
**We encourage you to control and adjust some settings on a regular basis.**



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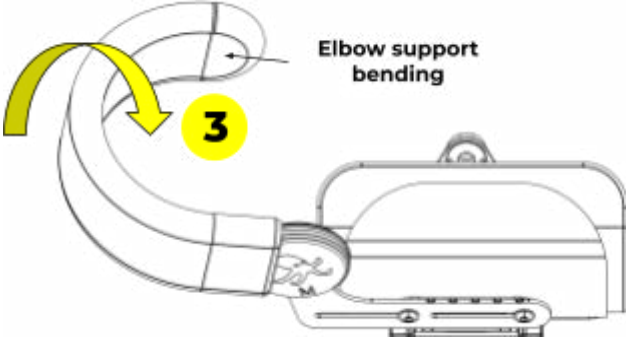
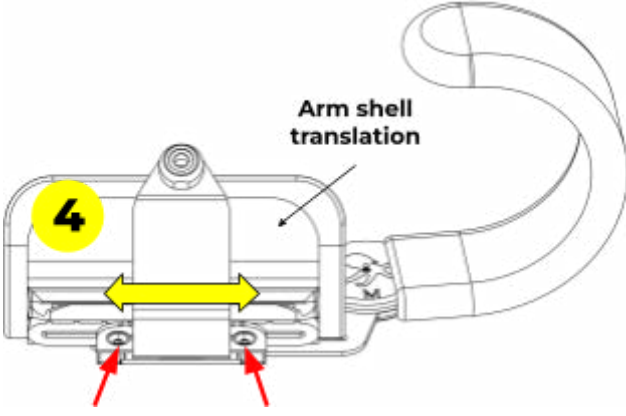
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<p>1</p>	<p>Elbow support translation <b>1</b></p>	<p>With the 2.5 mm allen key, unscrew the 2 <b>inside</b> screws to slide the elbow from right to left.</p>
<p>2</p>	<p>Elbow support orientation <b>2</b></p>	<p>WITHOUT UNSCREWING THE SCREW, direct the elbow support by rotating it around its axis.</p>



3		<p>Adjust the elbow support's form by applying pressure and bending it with your hands. It can be formed as you wish, in every way possible.</p>
4		<p>With the 2.5 mm allen key, unscrew the 2 <b>outer</b> screws to slide the arm shell from right to left.</p>

## 7. TEXTILE CARE

All textiles are detachable and washable up to 40°C.

**Caution:** remove the metal rod from the velcro strap before washing.

## 8. OPTION: WRIST SUPPORT INSTALLATION

**Equipment required:** 1.5mm allen key

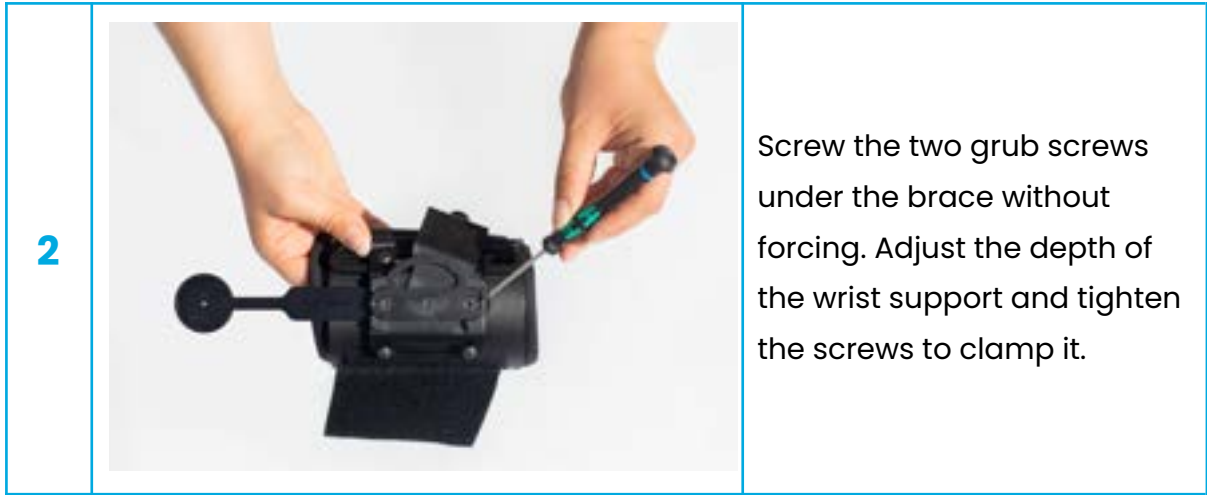
1		<p>Slide the wrist support between the two rails from the front of the brace.</p>
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The wrist support can be deformed to best fit the user's hand.

**9. TECHNICAL DRAWING**

