

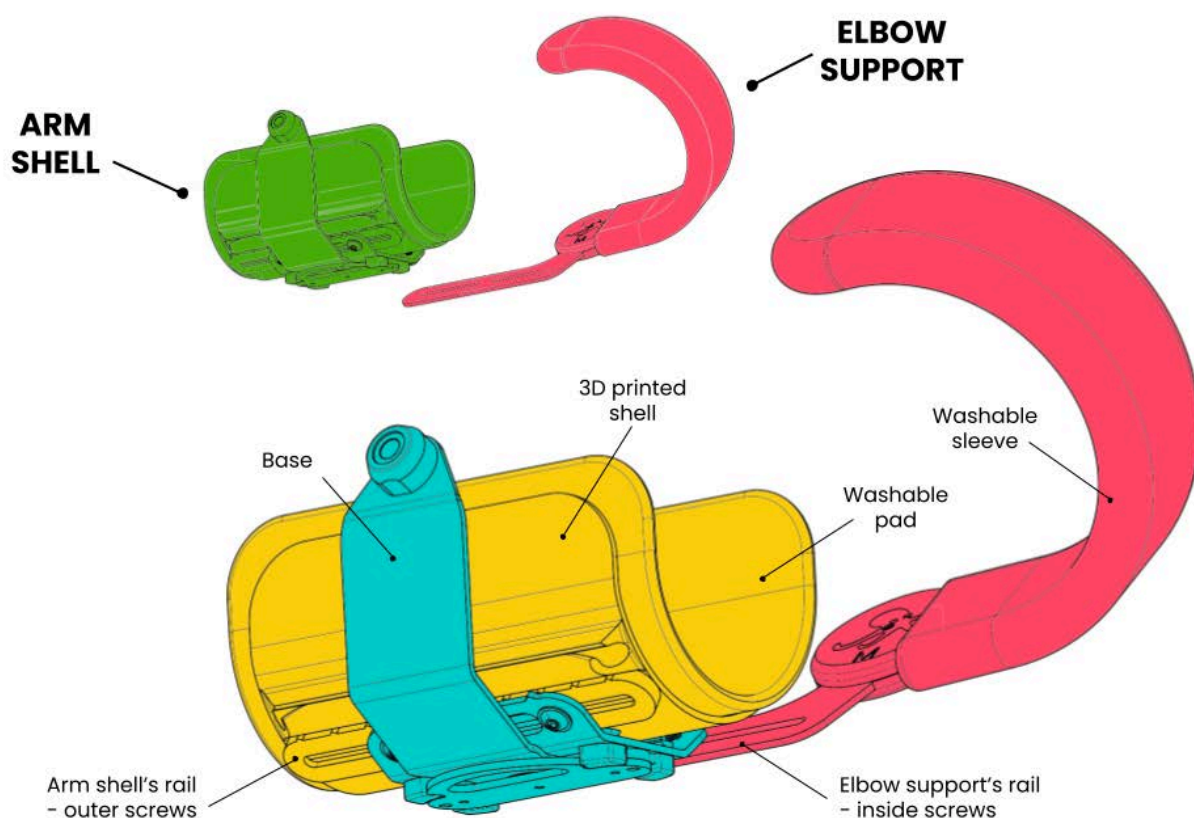
INSTRUCTIONS FOR USE

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.**



To find the right arm shell' size, measure the forearm perimeter, where it's larger.

For this step, we advise you to do the measurement on a naked arm, or with a very light clothes.

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 | S | |
| 251 mm | M | |
| 314 mm | L | |
| 355 mm | XL | |





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 | S |
| 314 mm | M |
| 408 mm | L |
| 503 mm | XL |

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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| | | |
|---|---|--|
| 2 |  | <p>Unfold the elbow support as illustrated in this photo.</p> |
| 3 |  | <p>Sideway pull on the velcro strap to remove it.</p> |
| 4 |  | <p>Place the arm shell in the same angle as in the picture and unscrew the 2 screws of the base.</p> |
| 5 |  | <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> |



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






4. ARM BRACE INSTALLATION AND ADJUSTMENTS

LOOSEN THE 4 ADJUSTMENTS SCREWS




| | | |
|--|---|---|
| 1 |  | <p>Slightly loosen 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>Position the arm brace's base closest to the elbow. Then move it alongside the forearm until you find the fulcrum.</p> <p>Most of the time, the fulcrum is located a few centimeters from the elbow.</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 |  | Put the elbow support closer to the arm until they are in contact. |
| 2 |  | Loosen the 2 inside screws. |
| 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> |





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

5. FIXING, CHECKING & FOLLOW-UP



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

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| 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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| 2 |  | <p>Choose the STATIONARY mode and with the buttons, position the arm brace a few centimeters above the armrest. The arm should be horizontal.</p> |
| 3 |  | <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> |
| 4 |  | <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.

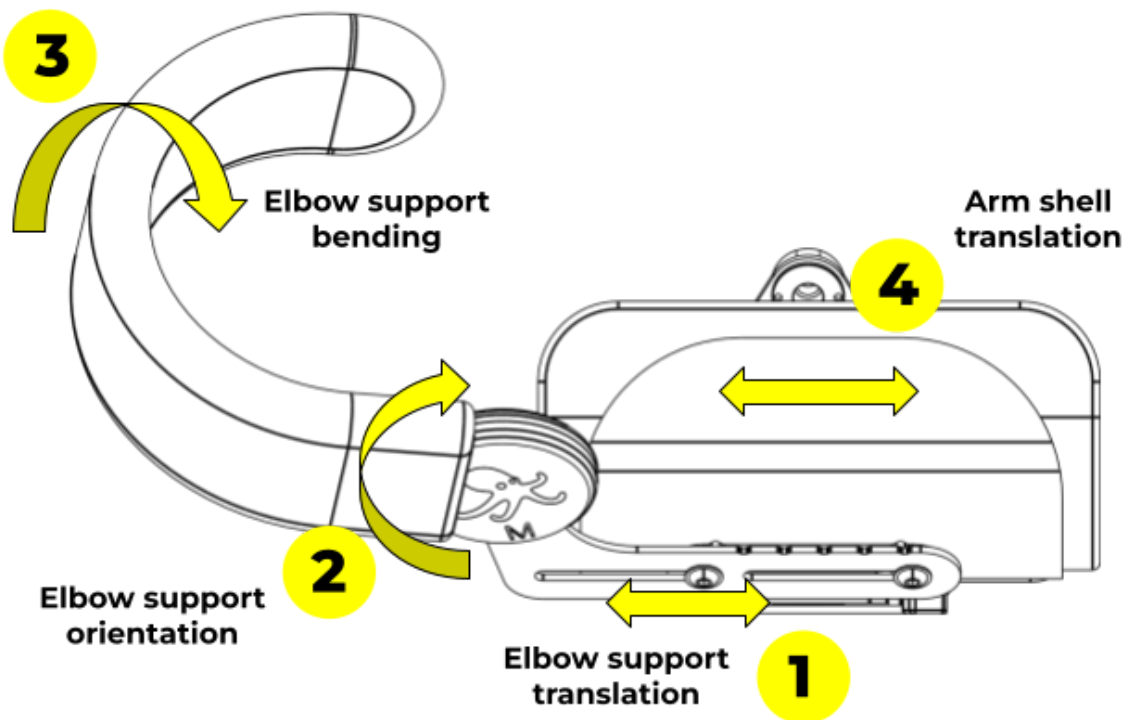
We encourage you to control and adjust some settings on a regular basis.



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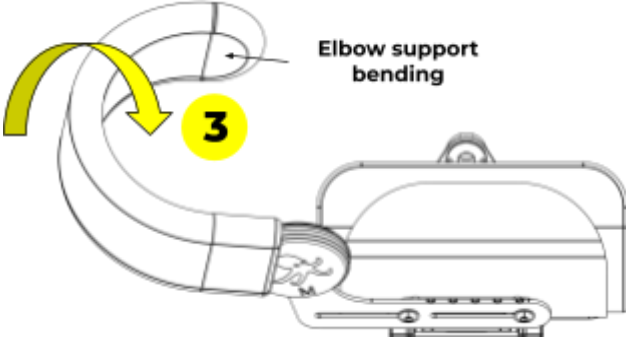
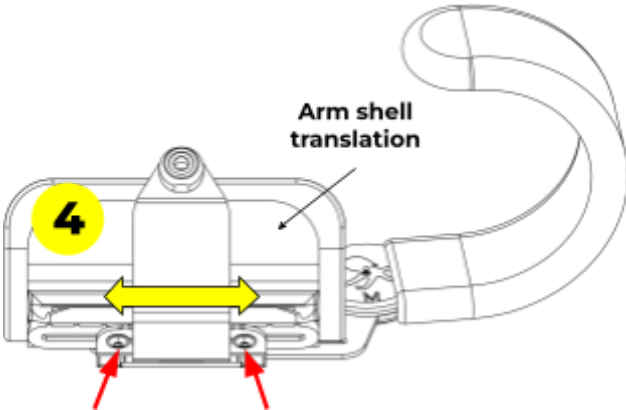
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| | | |
|---|---|---|
| 1 | <p>Elbow support translation 1</p> | <p>With the 2.5 mm allen key, unscrew the 2 inside screws to slide the elbow from right to left.</p> |
| 2 | <p>Elbow support orientation 2</p> | <p>WITHOUT UNSCREWING THE SCREW, direct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



| | | |
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| 3 |  <p>Elbow support bending</p> | <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>Arm shell translation</p> | <p>With the 2.5 mm allen key, unscrew the 2 outer 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

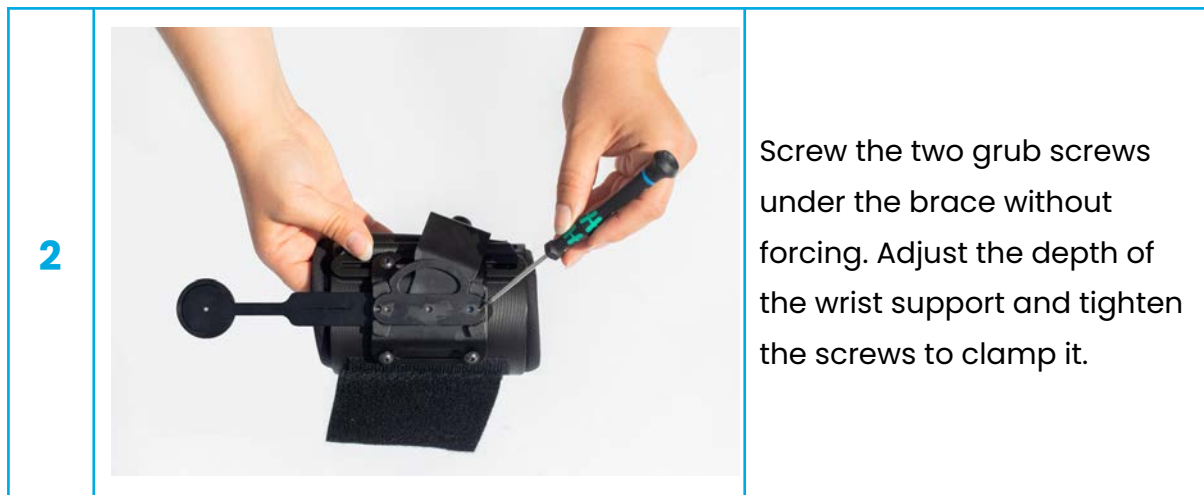
| | | |
|---|---|---|
| 1 |  | <p>Slide the wrist support between the two rails from the front of the brace.</p> |
|---|---|---|



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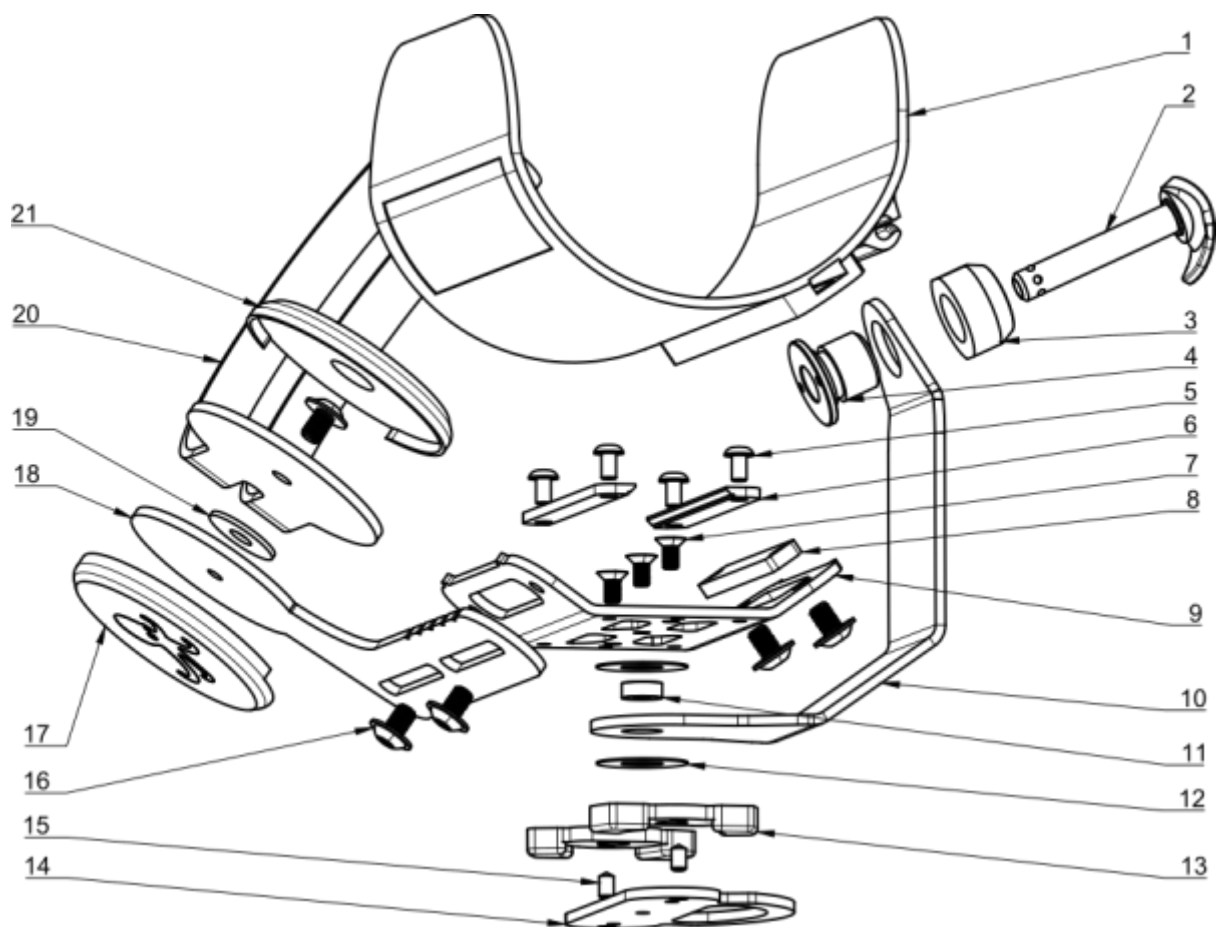
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The wrist support can be deformed to best fit the user's hand.

9. TECHNICAL DRAWING



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