

# Wear & Care Instructions

## ROM Elbow Brace

Steeper manufactures a quality range of orthotic products and to help you care for the product, this leaflet provides information on how and when to use your prescribed orthosis, how to care for it and how to contact us if you have a problem or require a replacement.

### Care & Cleaning

Wipe plastic shell with damp cloth, you may use disinfectant or mild soap, and wipe dry. For products with a removable liner, you may hand wash liner in warm water with mild soap, air dry, do not use high temperatures to wash or dry.

### Applying the Orthosis

1. Loosen all straps and slide over affected arm with range of motion hinge aligned on outer (lateral) side of elbow joint.
2. Position ulnar cuff on lower arm making sure not to limit wrist movement.
3. Hinge axis with condyle pad should be aligned with center of elbow joint.
4. Gently tighten straps and make sure not to over tighten.
5. Range of motion may be adjusted on hinge by setting pins to desired degrees of flexion/extension with wrench.

#### IMPORTANT

The advice and information contained in this document is not intended as a substitute for medical counselling. If you have any questions about treatment for a specific condition, please check with a health care professional.



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