

Device Guide

Upper Extremity Orthosis

PURPOSE

The purpose of an upper extremity orthosis is to provide support for the shoulder, elbow, or wrist joint as well as the fingers. The type of orthosis prescribed will determine the degree of support provided by the orthosis. Motion may be completely immobilized, resisted, assisted or the orthosis may simply serve as a reminder to avoid certain motions. As you continue on your road of recovery it is important to remember several key points regarding your upper extremity orthosis.

DONNING INSTRUCTIONS

1. Make sure your arm or hand is properly sitting in the orthosis.
2. Make sure straps are as tight as you can tolerate it. The straps will ensure your arm and/or hand is properly seated in the orthosis.
3. Ask your orthotist if your orthosis requires you to wear a clean sock or nylon that extends higher than the top of the orthosis. The sock often provides a barrier between the arm and plastic and protects the skin and keeps it cooler.

BREAK-IN SCHEDULE

Your physician will determine the amount of time you will wear the orthosis, and it is usually contingent upon your diagnosis.

CLEANING INSTRUCTIONS

- If it needs to be cleaned it is best hand to wash the padding and let it air dry.
- If there is lint accumulating in the straps they should be cleaned out.
- Don't expose the brace to excessive heat; it could cause the plastic to deform.

MAINTENANCE AND PRECAUTIONS

- If you feel pain or see persistent redness:
 - Make sure the straps on your upper extremity orthosis are tight this will help prevent the orthosis from migrating
 - Call immediately for any adjustments.
 - **Note: Do not let any red marks turn into a blister!**

DON'T HESITATE TO CONTACT US

If the orthosis is making any noise or doesn't seem to fit properly make an appointment. Over time straps tend to wear out and componentry on the brace may need to be replaced or adjusted. Furthermore, if you have a change in your condition or if you experience significant weight gain or loss, it is important to have your orthosis reassessed. Lawall takes great pride in our continuing care program. Seeing our patients for regular follow-up visits helps to avoid problems before they become major issues. Don't hesitate to call or make an appointment if you have any questions. 1-800-735-4627