

# SEROLA GEL ARC ELBOW BRACE

*An Innovative, Professional Solution for State-of-the-Art Elbow Support*

Dr. Serola researched the causes of chronic elbow pain and the symptoms of overuse. Recognizing the inadequate support of existing elbow braces, he designed the Gel Arc elbow brace to more effectively reduce muscle tension, shock and vibration. Achieving the status of the most comfortable and the most effective elbow brace on the market, Serola's Gel Arc Elbow Brace remains unique in quality and design.

## COMMON PROBLEM

**CAUSE** – Elbow pain may occur from overuse through activities such as tennis, golf, bowling, arthritis, stress and strains, and some types of carpal tunnel syndrome.

**EFFECT** – Elbow pain arises when contracted muscles tear the periosteum and/or tendons at their attachments to the epicondyle. Continued overuse weakens the body's ability to heal.

## THE SEROLA DIFFERENCE

The Serola Gel Arc Elbow Brace is superior in elbow support, designed to stop pain more effectively with:

- **Dual-Sided Gel Arc** – concentrated or diffused pressure for maximum relief
- **Secondary Attachment Point** – significantly reduces pull at epicondyle and allows better muscle function
- **Location** – the arc affects more muscles and tendons as they converge near the epicondyle
- **Absorption** – the gel is a superior barrier, absorbs both shock and vibration better than other braces
- **Foam Pad** – hypoallergenic pad under buckle enhances comfort, reduces irritation
- **Uniquely interchangeable** for right or left arm, lateral or medial epicondyle.
- **Patent Pending Shortening System** means one size fits all.

### POCKET

Comfortably positions the Gel Arc compression pad.

### DUAL-SIDED GEL ARC COMPRESSION PAD

Provides concentrated or diffuse pressure and creates a secondary attachment point for muscles.

### FOAM PAD

Eliminates buckle irritation

### NARROW BAND

Allows closer placement to crease of elbow

## WHAT TO WATCH OUT FOR

Other elbow braces provide relief by compressing the muscle. Compression lessens the ability of the muscle to pull, reducing muscle performance and altering joint dynamics. This can lead to further injury and pain.



## HOW IT WORKS

Serola's unique design enables maximum relief and flexibility when placed between the muscles and the epicondyle.

PATENT PENDING  
SHORTENING SYSTEM  
one size fits all



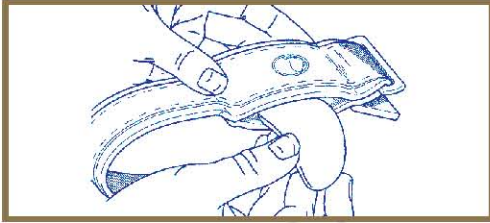
**SEROLA**  
BIOMECHANICS

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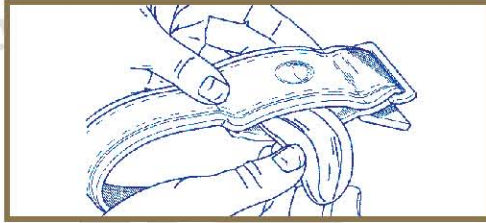
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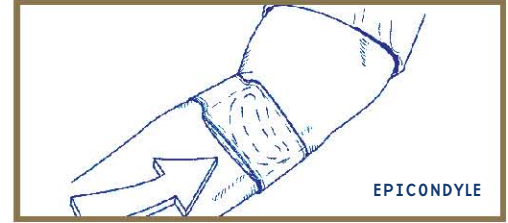
## DIRECTIONS



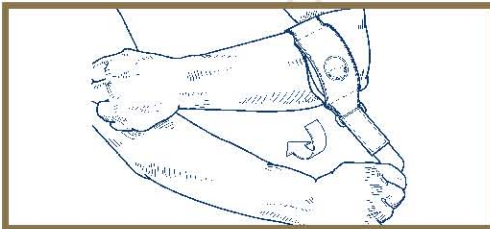
**For more specific compression** – place the Gel Arc compression pad in the pocket with the ridge side facing the arm. *This is the recommended method.*



**For more diffuse pressure** – place the Gel Arc compression pad in the pocket with the flat side facing the arm.



Place the Serola Gel Arc compression pad in the armband pocket and position it - with concave side always facing the epicondyle - according to desired pressure.

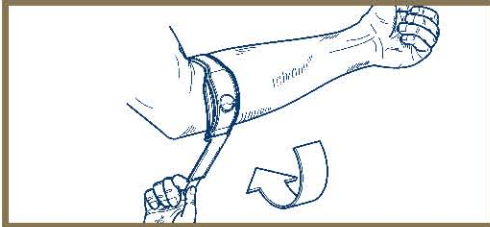


## POSITIONING ON ARM

*The Gel Arc elbow brace is designed to go higher on the arm than other braces. Rather than compress the muscle, it goes between the muscles and their attachments, to form an effective barrier to harmful shock and vibration.*

### Lateral Epicondyle

Tennis Elbow: Position concave edge of Gel Arc compression pad around lower edge of lateral epicondyle. Pull free end away from body and under inside of arm, and attach.



### Medial Epicondyle

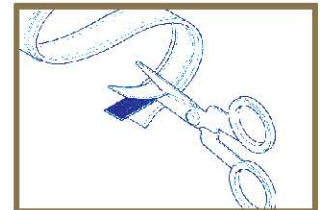
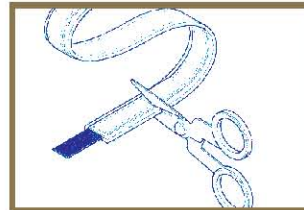
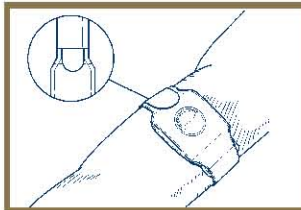
Golfer's Elbow: Position concave edge of gel arc compression pad around lower edge of medial epicondyle. Pull the free end away from your body and over outside of arm, and attach. The idea is to keep the buckle out of the crook of the elbow.

## SHORTENING BAND

(Patent Pending Design)

A 6.75 inch length of hook is embedded within the end of the band, with 1.5" protruding.

About 3-5 inches from the end, 1.5" of this same hook is visible between the top and bottom layers where they are not sewn together.



When the hook tab crosses the stitching near the label (see above) you may shorten the band. 1) Cut across the entire band (all 3 layers) where the side stitching stops nearest the end of the band. 2) Fold back the top and bottom layers and cut them off just before the upper sew line that goes across the band, leaving about 1.5" of hook. Now, your band will be 5" shorter than originally. 3) Cut the corners at the end of the hook to round it off.

## HOW IT WORKS

Serola's unique design enables maximum relief and flexibility when placed between the muscles and the epicondyle.

**PATENT PENDING SHORTENING SYSTEM** one size fits all



For directions on shortening the band and how to position the elbow brace correctly, please visit our website to watch the instructional video:

[www.SEROLA.net/EBVideo](http://www.SEROLA.net/EBVideo)

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