

## Fitting Instructions

# Humerus Fracture Brace - Extended Length

Step 1 Allow patient's arm to hang in a natural position. Apply talcum powder sparingly to upper arm. Apply one clean two-ply cotton stockinette. Remove all wrinkles.

Step 2 Loosen straps and apply brace by opening brace widely to eliminate discomfort to patient's arm. Position the brace approximately 1/2" or a finger width clearance from under arm to top of brace. This should position the brace in the mid-shaft of patient's arm.

Step 3 The brace is positioned so that the flexible inner tongue is anterior and the outer sleeve is over the triceps muscle.

Step 4 To fasten straps thread the proximal hook and loop strap through the plastic loop and pull and secure snugly.

Step 5 Continue with the distal strap by threading strap through the plastic loop and pull and secure snugly. Adjust proximal and distal straps to allow equal pressure and maintain a snug fit. Note: if pinching occurs between the tongue and the tissue, pull stockinette up or down, this will elongate the tissue to eliminate pinching.

Step 6 The strap on the shoulder is placed across the chest, under the arm, across the back and into the D-ring. Attach the strap with hook and loop closure and adjust accordingly.

Step 7 The sling provided is an adjustable collar and cuff sling. Place the collar in position for attachment and attach the cuff portion. The sling should hold the elbow at 90°.

### Patient Instructions

DO NOT REMOVE the Neutral Humerus Fracture Brace unless told to do so by your physician.

Use your hand, wrist, elbow and shoulder as much as possible

If you have any questions or problems with your brace, contact your physician immediately

The brace should fit snugly, but not be uncomfortable.

Straps and Stockinette may be clean and dried as necessary, see "Patient Hygiene". Replacement straps and stockinette are available.

### Removal of Humerus Fracture Brace

Step 1 Allow arm to hang in a natural position. Loosen all hook and loop straps and slide brace off arm.

Step 2 Remove the cotton stockinette.

### Patient Hygiene

The Neutral Humerus Fracture Brace is constructed of a moisture resistant plastic material. As soon as your physician has given PERMISSION or INSTRUCTED you to bathe or change stockinette, CAREFULLY follow the procedures below:

Step 1 Shower with the brace ON.

Step 2 Follow "removal instructions" carefully to change stockinette. Soiled cotton stockinette should be washed in cold water for future use.

Step 3 Carefully towel dry your limb.

Step 4 Clean the brace using a mild soap with a damp cloth.

Step 5 Rinse thoroughly under running water, removing all soapy residues.

Step 6 Shake the brace free of all excess water.

Step 7 Dry the brace with a towel, making certain that all moisture has been removed.

Step 8 Reapply your brace following the "Application Instructions" exactly.