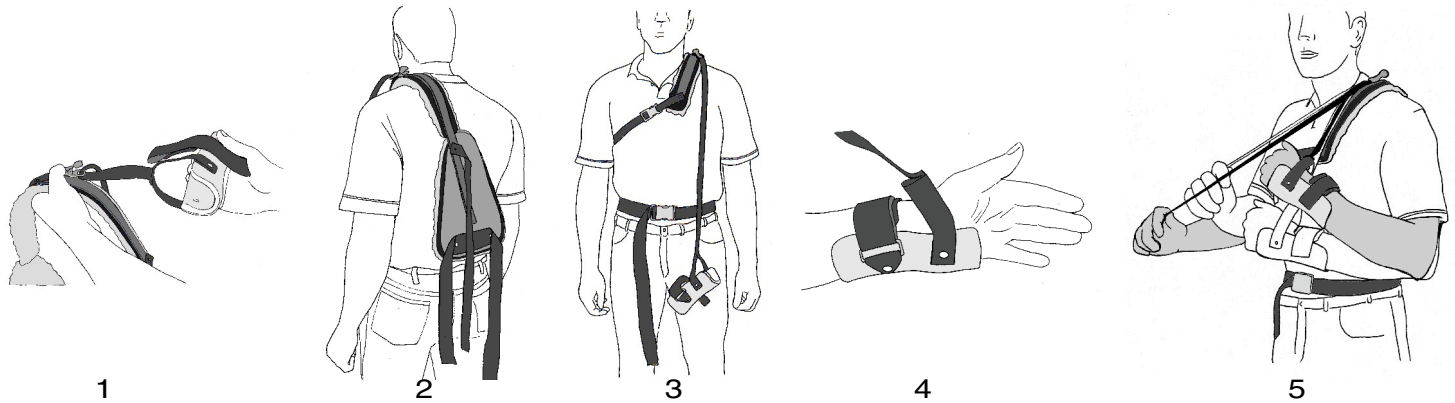


Elbow “Hyperflexion” Sling/Brace

Patient Fitting Instructions



1. Release the friction buckle and loosen the wrist-to-shoulder strap to its full length.
2. With straps unfastened, place metal shoulder bar over the same shoulder as the elbow to be stretched.
3. With the chest strap under the arm, fasten with the snap buckle at the end of the metal shoulder bar. Fasten the waist strap with the buckle at the abdomen and adjust length of straps at the buckles until snug.
4. Apply wrist cuff as shown. Fasten strap across the wrist.
5. Adjust tension on the wrist-to-shoulder strap and stretch the elbow into flexion. Pull this strap as shown, until a mild discomfort or feeling of stretch in the elbow occurs. This is easier if the hand is pressed against a fixed object like a wall or heavy table as the strap is adjusted to hold that position. To release, support the arm or hold the strap while pressing on the friction buckle lever.