

## PAIENT INSTRUCTIONS Dynasplint® Elbow Extension System

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**IMPORTANT:** Read instructions thoroughly before wearing the Dynasplint® Elbow Extension System. Be sure that the splint fits comfortably and properly. If you feel pain, numbness, swelling, or skin irritation remove the splint immediately and contact your Dynasplint® Systems sales consultant. If joint stiffness persists longer than one hour after wearing the unit, reduce the tension by 0.5 increments. Contact your Dynasplint® Systems sales consultant if you have any questions.



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*Stretch Beyond Your Expectations.®*

## FITTING INSTRUCTIONS

### APPLYING THE DYNASPLINT® ELBOW EXTENSION SYSTEM:

- STEP 1:** Completely open or loosen the front-of-upper arm cuff and top-of-forearm cuff.
- STEP 2:** Slide or lay arm into the unit while seated at a table. The larger struts, with windows and scales, should be placed on the lower arm. See Figure 1.

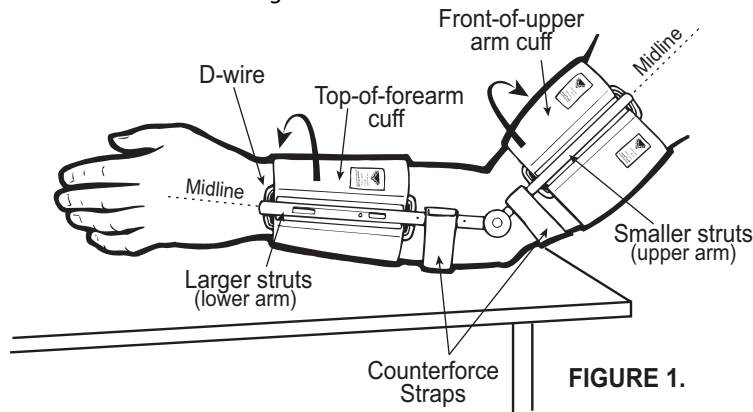


FIGURE 1.

- STEP 3:** Align the upper and lower struts with the midlines of the upper and lower arm. See Figure 1.

- STEP 4:** Align the cams with the elbow joint. See Figure 2.

- STEP 5:** Attach the Dynasplint® System to the arm by feeding the front-of-upper arm cuff through the D-wire on the opposite side. Pull back hard and fasten the Velcro® sides together. Do not tamper with back cuffs.

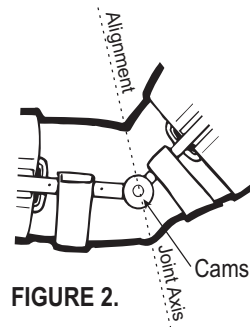


FIGURE 2.

- STEP 6:** Repeat step 5 for the top-of-forearm cuff.
- STEP 7:** Check cuffs for tightness. You should be able to slide a finger between the cuff and your arm.
- STEP 8:** Check alignment. The struts should line up with midline of the arm and the cams should be centered on the joint axis. See Figures 1 & 2.
- STEP 9:** You should be inactive and relaxed while wearing the Dynasplint® System. The arm should not hang down. The most comfortable position is to sleep with the upper arm supported by a pillow or sit with the arm supported so it is level with the heart. Do not block the lower arm from continuing to straighten.

### REMOVING THE DYNASPLINT® ELBOW EXTENSION SYSTEM:

- STEP 1:** Completely open or loosen the front-of-upper arm cuff and top-of-forearm cuff.
- STEP 2:** Slide arm out of the unit while seated at a table. See Figure 3.

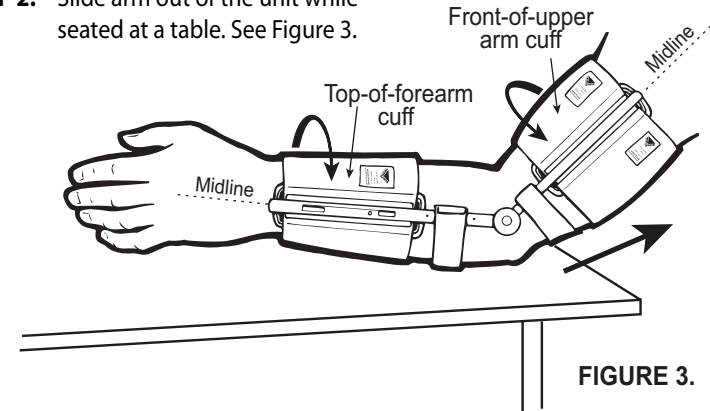


FIGURE 3.

Continue to follow your physician's or therapist's instructions regarding your home therapy program while wearing the Dynasplint® System. Record your comments daily on the evaluation sheet (back page of booklet) for review with your Dynasplint® Systems sales consultant.

### CLINICIAN'S PRESCRIBED TREATMENT SCHEDULE

*These are guidelines only. Remove the Dynasplint® System if you experience pain at any time and contact your Dynasplint® Systems sales consultant.*

Tension to be initially set at \_\_\_\_\_ increments.

Patient will wear the Dynasplint® System for \_\_\_\_\_ hours the first day.

If no more than one hour post-wear discomfort occurs, the patient may increase wear time over a 2-3 day time period, building up to overnight application of 6-8 hours. Time spent wearing the splint is the most important component in regaining range of motion.

Increase tension by 0.5 increments on both sides of the splint if less than one hour of post-wear discomfort occurs.

Decrease tension if unable to wear for extended period of time.

Maximum tension: \_\_\_\_\_

The basic protocol outline is to provide maximum benefit from the Dynasplint® System. *Increasing tension faster does not insure proper stretch will be applied.* Remember to wear the Dynasplint® System while inactive, preferably while sleeping. If unable to sleep in the splint, maximize wear time during the day.

Your follow-up visit is \_\_\_\_\_.

Please bring the Dynasplint® System and the completed evaluation sheet.

