

INSTRUCTIONS FOR USE

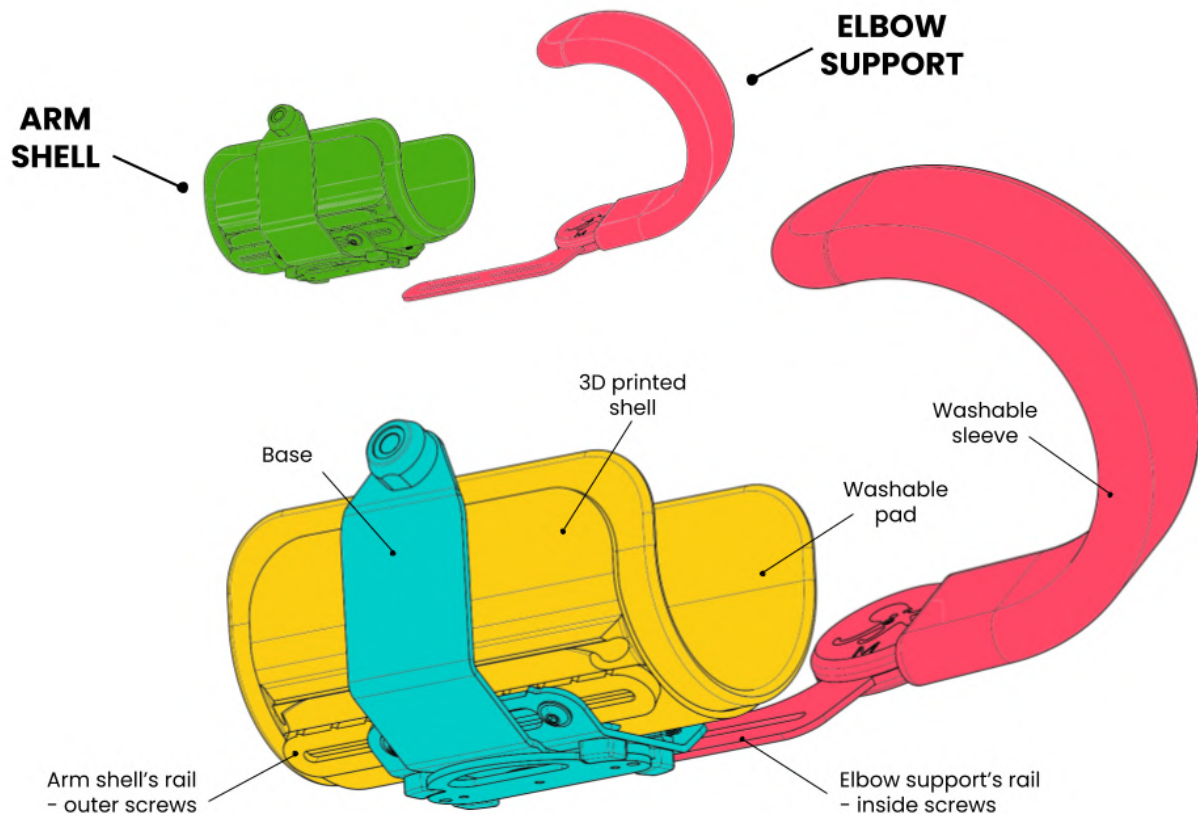
ORTHOPUS' ARM BRACE



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1. ILLUSTRATED DRAWING OF THE ARM BRACE



2. CHOOSING THE RIGHT SIZE OF ARM BRACE – prior to fitting

Supplies: tape measure



These measures must be taken **before** the installation in order to command the right arm shell size for the patient. **The right arm shell size is critical to take full advantage of the ORTHOPUS Supporter.**



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To find the right arm shell' size, measure the forearm perimeter, where it's larger.

For this step, we advise you to do the measurement on a naked arm, or with a very light clothes.

The perimeter obtained gives your the **right size of arm shell**:

Forearm perimeter close by:	Matching arm brace:	In doubt, we recommend you to always opt for an arm shell one size bigger.
188 mm	S	
251 mm	M	
314 mm	L	
355 mm	XL	



To choose the right size of the elbow support, measure the arm a few centimeters above the elbow.



The perimeter obtained gives your the **right size of elbow support**:

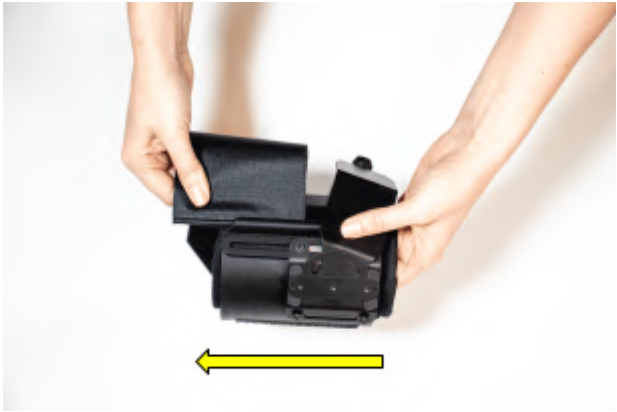
Arm perimeter close by:	Matching elbow support:
220 mm	S
314 mm	M
408 mm	L
503 mm	XL

3. ARM BRACE' ASSEMBLY

Supplies: Allen key 2.5mm

ASSEMBLE THE ARM SHELL AND THE ELBOW SUPPORT		
1		Here is the arm brace as you received it in the package.
2		Unfold the elbow support as illustrated in this photo.



3		Sideway pull on the velcro strap to remove it.
4		Place the arm shell in the same angle as in the picture and unscrew the 2 screws of the base.
5		Put down the arm brace in front of you (towards the bottom) and place the elbow support in the direction you want (right or left), using the adjacent pictures.

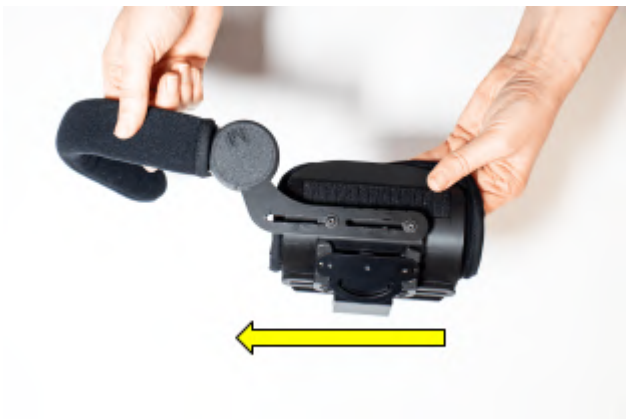


		
6		Place the elbow support' rail on top of the arm brace base and screw back the 2 screws.
7		Twist the elbow support to form an arc.



4. ARM BRACE INSTALLATION AND ADJUSTMENTS

LOOSEN THE 4 ADJUSTMENTS SCREWS

1		Slightly loosen the 4 adjustment screws to unblock the arm shell and the elbow arm support. <i>Do not remove the screws completely!</i>
2		Thus the elbow support can move from left to right. Move the elbow to support the furthest of the arm shell. It will be adjusted later.

ADJUST THE ARM BRACE ON THE USER WITHOUT THE ORTHOPUS SUPPORTER

1		Place the user's arm in the arm shell. Position the arm brace's base closest to the elbow. Then move it alongside the forearm until you find the fulcrum. Most of the time, the fulcrum is located a few centimeters from the elbow.
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2		Tighten the 2 outer screws.
3		Put the velcro strap back and fasten it around the user's arm.



ADJUST THE ELBOW SUPPORT

1



Put the elbow support closer to the arm until they are in contact.

2



Loosen the 2 inside screws.

3



Slightly, twist the elbow support to push up upwards. The flat part must be in full contact with the arm.

Feel free to remove the user's arm from the arm brace to do this more easily.



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4		At this step, if the shell is annoying the user at the elbow, you can set his positioning. Loosen the 2 outer screws to find a better position. Then tighten the 2 screws.
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5. FIXING, CHECKING & FOLLOW-UP

POSITION' CHECKING		
1		Fit the arm brace on the ORTHOPUS Supporter with the withballs spindle.
2		Ask the user to perform daily and typical movements, using the STATIONARY mode.



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3		When the arm comes back a few centimeters under the arm rest, check if the arm stays horizontally.
4		If the arm is bending, loosen the 2 inside screws. Then, move forward the elbow support and the arm. Tighten the 2 screws. Congrats, you have finished!



USER'S COMFORT CHECKING

1		Be sure of the user's comfort (redness, warmth, itching etc.)
2		If needed, lower the armrest's height to keep the shoulder from shifting upwards when using the ORTHOPUS Supporter.

FOLLOW-UP OF A FITTED USER WHO NEEDS AN ADJUSTMENT

1		Check if the ORTHOPUS Supporter is correctly positioned. The attachment point has to be aligned with the shoulder, behind the armrest.
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2		Choose the STATIONARY mode and with the buttons, position the arm brace a few centimeters above the armrest. The arm should be horizontal.
3		If not, to readjust the arm brace, loosen the 2 inside screws. Position the arm shell as close as possible to the elbow.
4		Move it alongside the forearm until the arm is horizontal: you find the fulcrum! Tighten the 2 inside screws.

6. SETTING FEATURES SUMMARY

These 4 settings can be adjusted separately during the fitting process. The expected outcome will always be the users' comfort.

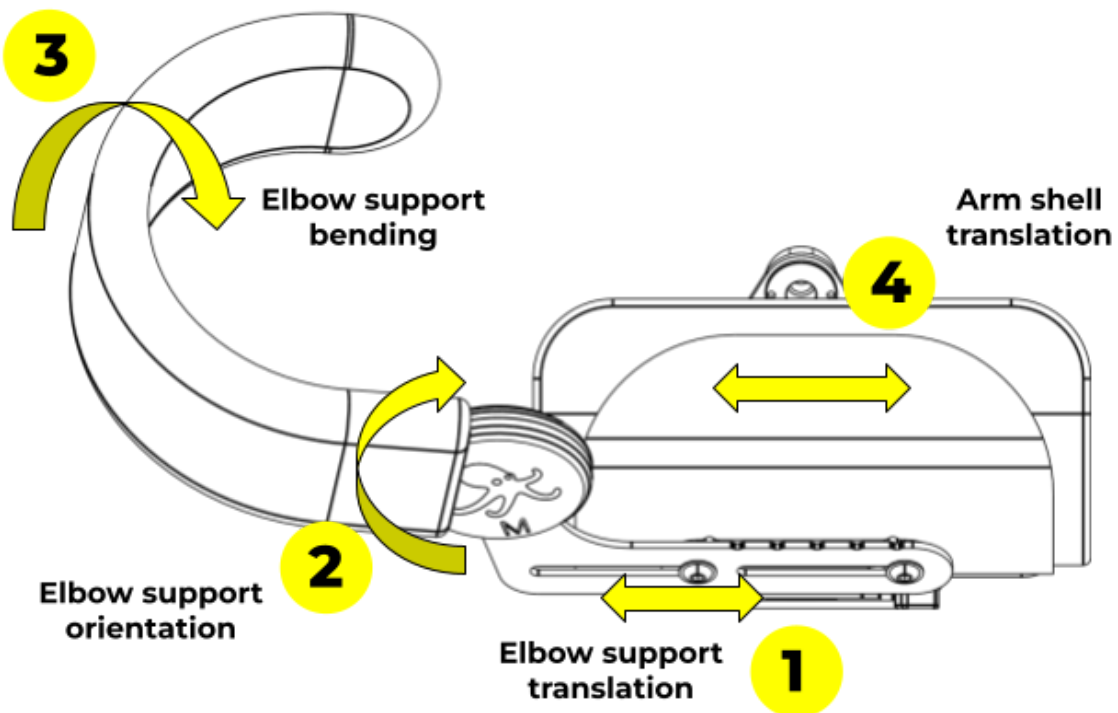
We encourage you to control and adjust some settings on a regular basis.



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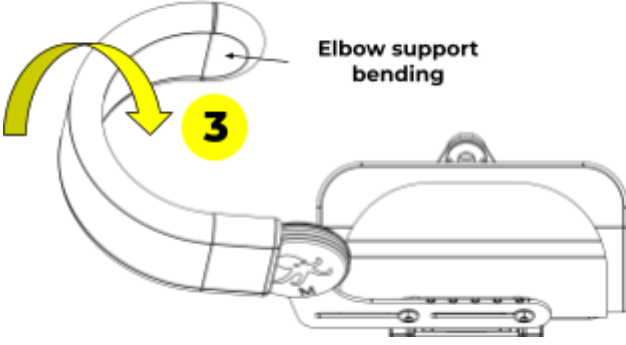
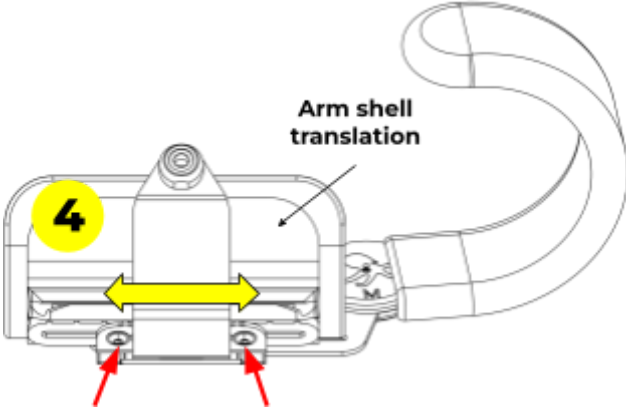
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1	Elbow support translation	With the 2.5 mm allen key, unscrew the 2 inside screws to slide the elbow from right to left.
2	Elbow support orientation	WITHOUT UNSCREWING THE SCREW, direct the elbow support by rotating it around its axis.



3		Adjust the elbow support's form by applying pressure and bending it with your hands. It can be formed as you wish, in every way possible.
4		With the 2.5 mm allen key, unscrew the 2 outer screws to slide the arm shell from right to left.

7. TEXTILE CARE

All textiles are detachable and washable up to 40°C.

Caution: remove the metal rod from the velcro strap before washing.

8. OPTION: WRIST SUPPORT INSTALLATION

Equipment required: 1.5mm allen key

1		Slide the wrist support between the two rails from the front of the brace.
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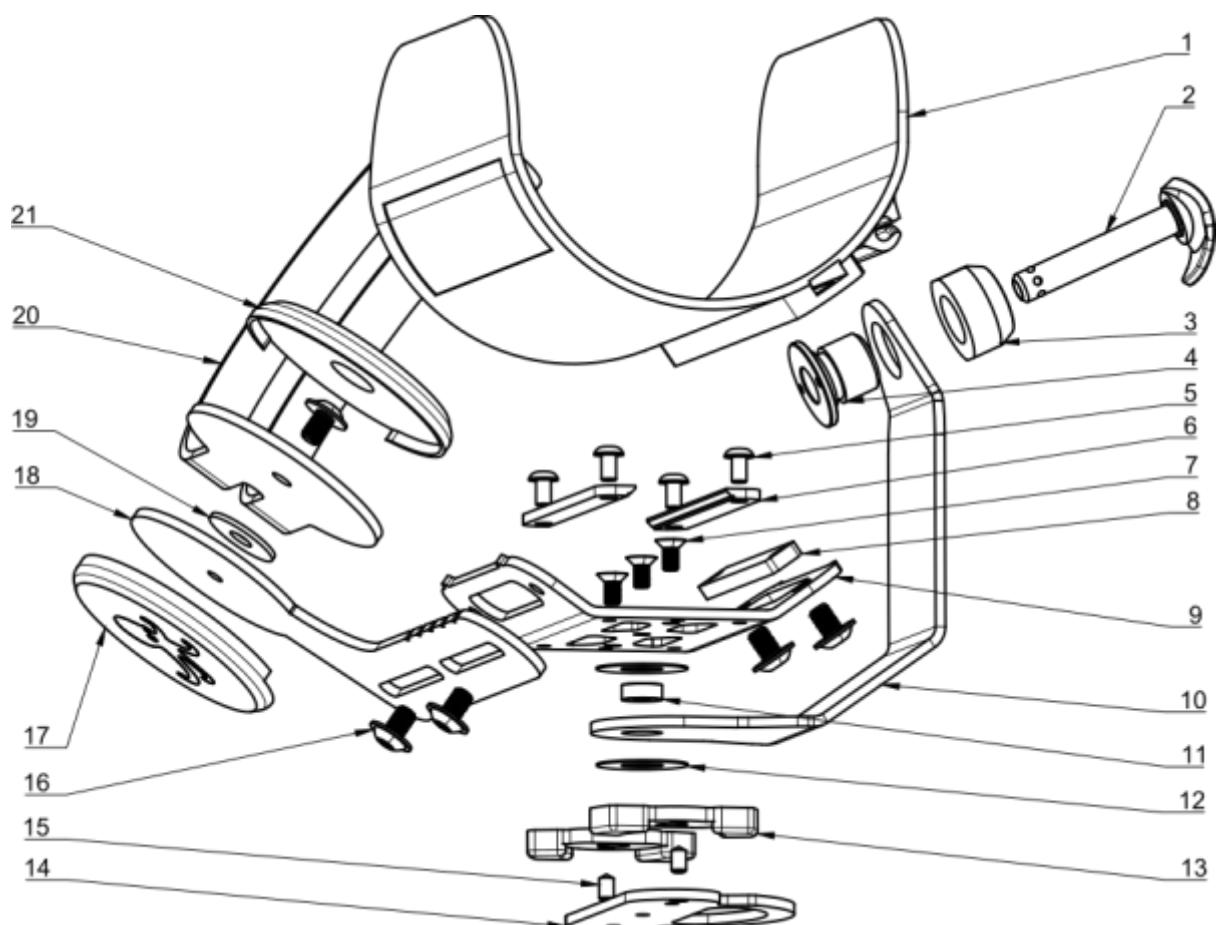
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The wrist support can be deformed to best fit the user's hand.

9. TECHNICAL DRAWING



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