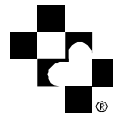


Care of



MeritCare
HealthCare Accessories

Fargo,	(701) 293-8211	(800) 288-4613
Jamestown	(701) 251-1331	(800) 456-7649
Minot	(701) 852-4110	(800) 876-2179
Bemidji	(218) 759-9391	(800) 828-5462

Upper Extremity Orthotics (Shoulder, Elbow, Wrist, Hand, and Finger Orthotics)

While being fitted with your orthosis, your orthotist will instruct you on how to wear and use your orthosis effectively. Some points to remember are:

Donning:

Donning is the act of “putting on”. These are two recommended methods:

1. Don the orthosis making sure to align all joints accordingly.
2. Tighten all straps making sure you are “seated” fully into the orthosis.
3. Once again, insure the orthosis is in place. If not, loosen all straps and reposition.

Wearing Procedure:

1. On the first day, remove the orthosis after the first hour. Carefully examine the skin for red or sore areas. The red areas should disappear within approximately 20 minutes of rest.
2. If no red areas persist, increase the wearing time 1-2 hours each day as tolerated.
3. Always inspect daily for signs of numbness, tingling, color changes, excessive pressure, excessive itching, swelling, or pain. Notify your orthotist or physician of any concerns.
4. If you are diabetic or have poor circulation please review the additional attached sheet.
5. Parents of children wearing an orthosis should continue to monitor the child’s limb for signs of concerns. Concerns may develop as the child grows.
6. Follow any additional suggestions made by your orthotist or physician.

Maintenance:

1. Inspect the orthosis daily for cracking, loose parts, or decreased effectiveness. **Do not attempt to modify the orthosis on your own.** Contact HealthCare Accessories for an appointment with your orthotist.
2. You may wipe down the orthosis with a damp cloth to clean it. Use a mild soap and warm water only. The orthosis should be completely dry before using it.
3. Change in bone structure and/or body size may cause your orthosis to fit unsatisfactorily. Visit with your physician or orthotist on a regular basis to see if any changes are necessary.
4. Do not place the orthosis in direct sunlight or near a heat source. This may lead to your orthosis losing its shape.
5. Follow-up appointments may be necessary to help insure proper function. Please follow your orthotist’s recommendations.
6. Orthoses with joints may need extra care to insure proper function. Consult with your orthotist for recommendations regarding your bracing system.

Adjustments/ Follow-up

Further adjustments may be needed for various reasons. Adolescents will require adjustments as they grow. Weight loss or gain will also affect the fit and function of the brace. If you experience any of these and have concerns, please contact HealthCare Accessories LLC to schedule an appointment with your orthotist as needed.

A follow-up appointment may be scheduled with your orthotist 1-2 weeks after you have been fit with your brace and then every six to twelve months there after depending on the length of need. If you should have unusual discomfort or skin breakdown in-between visits, call for an appointment so appropriate adjustments can be made as soon as possible.

Emergency Contact/ After Hours Care:

If you need to contact HealthCare Accessories LLC after hours, call the office that you are closest to. You will be forwarded on to an operator who will assist you. Depending on the situation, you may be charged for this service.