

Care Of



Fargo,	(701) 293-8211	(800) 288-4613
Jamestown	(701) 251-1331	(800) 456-7649
Bismarck	(701) 530-0200	(800) 365-4603
Minot	(701) 852-4110	(800) 876-2179
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ABOVE ELBOW PROSTHESIS WITH FIGURE 8 HARNESS

When you are being fit with your above elbow prosthesis, your prosthetist will instruct you on how to wear and use your prosthesis effectively. Additional training may be ordered by your physician and will be done through your physical therapist. The procedure for donning / doffing (putting on / taking off) your prosthesis is as follows.

- **Donning:**

1. Place prosthetic sock(s) on your residual limb.
2. Put the prosthetic socket on by positioning your residual limb into the prosthetic socket.
3. The Figure 8 Harness can be donned from the front. When the prosthetic socket is on, the harness should be located in front of you. Pass the sound arm through the Axilla loop and grasp the central ring. Bend your head forward while raising your arms upward and backward allowing the ring to slide over your head.
4. Check the harness for proper positioning. The central ring should be positioned in the upper part of your back and slightly towards the sound side. The harness should lay smoothly against your back.
5. Terminal device operation is achieved through forward movement of your arm at your shoulder or by rolling your shoulders forward.
6. Elbow lock control is obtained through extending the arm at your shoulder.

- **Doffing:**

1. With your sound arm reach behind your head and grasp the central ring. Bend your head forward and raise the prosthesis while pulling the central ring forward over your head.
2. Grab the forearm of the prosthesis and pull the prosthesis off. ON the sound side, the Axilla loop will fall forward and can be removed.
3. Remove the sock(s) from your limb.
4. Check the residual limb for red or open areas. Contact your prosthetist or physician if you have any concerns regarding the fit of the prosthesis.
5. Wash your prosthetic socket with a damp cloth and let air dry.
6. Wash your prosthetic sock(s) frequently in cool water and mild soap. Allow to air dry.

Follow-Up:

1. Your prosthetist will schedule a two-week recheck appointment to make sure your prosthesis is working correctly.
2. The prosthesis should be rechecked every six months to ensure that the prosthesis is functioning properly.

If you have questions or concerns on your above the elbow prosthesis with Figure 8 Harness, please contact your prosthetist.

Prosthetist: _____ Date: _____