



# 9870 2284

Please call if you have any questions or require an appointment

Individual Client Notes

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**Costs and invoicing**

The service provided today will incur a cost. These will have been discussed with you if they are not covered by the hospital or a 3<sup>rd</sup> party funding body like TAC or Work cover.

An invoice will be sent to the address provided at the consultation. Payment details can be found on the invoice.

*Please call if you are having trouble paying the invoice.*



**It is important that you attend any review appointments. If you are having any problems with your Orthosis, we may be able to fix it at your appointment.**



# Hinged Elbow Brace

You have been fitted with a Hinged Elbow Brace. Correct use is important for the best result and your safety. Please note your orthosis is for **your use only**.

## How to put on your Hinged Elbow Brace (HEB)

It is important that you put your HEB on correctly.

1. Undo the straps on the HEB and place your wrist into the cuff section. Your hand facing inwards.
2. Put the centre of the elbow joint in line with your elbow and your inside elbow crease. The metal uprights should be in line with the middle of your arm.
3. Fasten the black straps in the order shown.
4. To remove the HEB undo the black straps.

Tip: fold the Velcro tabs back over to prevent tangling.  
Do Not separate the straps from the uprights

## Wearing your Hinged Elbow Brace

Your HEB should to be worn at all times, or as advised by your Orthotist or Doctor. You should wear your HEB directly against your skin and not over any loose cloths or jumpers.

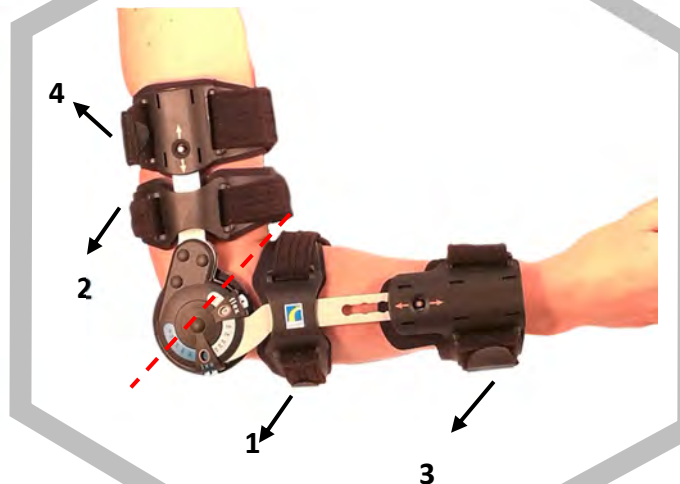
- ✓ **Do** check your skin regularly.
- ✓ **Do** contact your orthotist if you are unable to wear your HEB.
- ✗ **Do Not** wear un-prescribed bandages, dressings or padding with your HEB
- ✗ **Do Not** change the settings on the elbow joint, this is only to be changed by your treating professional.
- ✗ **Do Not** make any changes to your HEB.
- ✗ **Do Not** wear your HEB in the water or shower.

## Problems?

Check your skin regularly. If you feel that your Hinged Elbow Brace is:

- Causing discomfort, redness or skin breakdown
- Broken or damaged
- Worn Out

Please contact the Head to Foot Orthotics as soon as possible to discuss the situation.



## Cleaning

- ✓ **Do** check your HEB for signs of loosening or damage and ensure Velcro straps are lint free.
- ✓ **Do** wipe your HEB using warm soapy water and dry with a towel.
- ✗ **Do Not** apply direct heat to any part of your HEB
- ✗ **Do Not** place your HEB in the washing machine or dishwasher.

**Contact Head To Foot Orthotics immediately** if you notice redness, broken skin or increase discomfort