

PATIENT INSTRUCTIONS

Elbow Extension Dynasplint® System

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I acknowledge receipt of these patient instructions, which I have read and fully understand.

Signature

Print Name

Date

IMPORTANT: Read instructions thoroughly before wearing the Elbow Extension Dynasplint® 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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Rev. 06/2017



Stretch Beyond Your Expectations.®

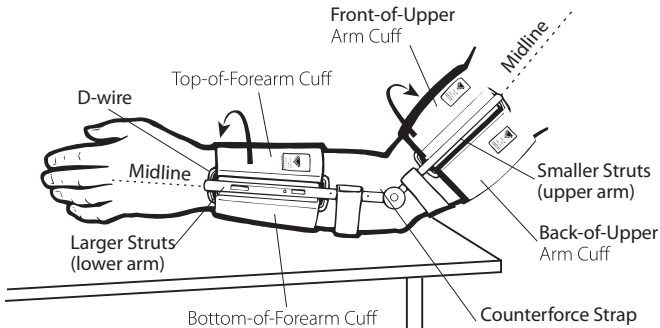
FITTING INSTRUCTIONS

APPLYING THE ELBOW EXTENSION DYNASPLINT® 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.

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.

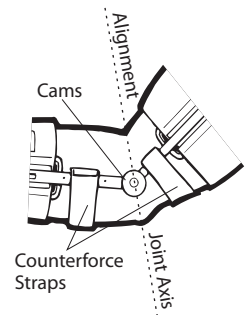


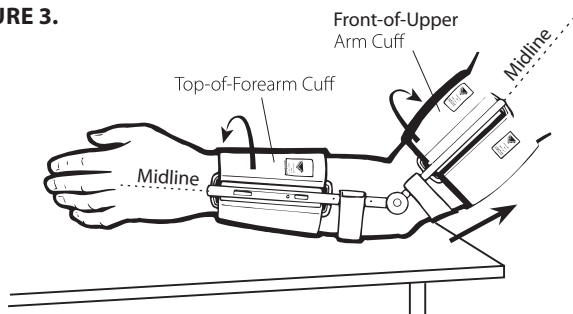
FIGURE 2.

REMOVING THE ELBOW EXTENSION DYNASPLINT® 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 _____ minutes/hours the first day.

If no more than one hour post-wear discomfort occurs, the patient may increase wear time according to the recommended daily wearing schedule, building up to an 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 increment on both sides of the splint if less than one hour of post-wear discomfort occurs after use.

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 ensure proper stretch will be applied.*

Remember to wear the Dynasplint® System while inactive, preferably while sleeping. If unable to sleep in splint, maximize wear time during the day.

Your follow-up visit is _____.

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

Sales Consultant: _____ Voicemail Number: _____

DYNASPLINT® SYSTEMS PATIENT EVALUATION SHEET

Date	Hours of Wear	Tension Setting	Daily Goal	Duration of Post-Wear Stiffness	Comments

Continue to report your progress on a separate sheet of paper.

4 POINT SUMMARY

- 1. NO PAIN while wearing the Dynasplint® System.
- 2. Time is the most important component.
- 3. Increase tension after 6-8 hours of wear if no more than one hour post-wear discomfort.
- 4. Decrease tension if unable to wear.

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The product described in the enclosed literature is intended for the specific purpose as per the instructions attached. Any use of this product outside of its intended purpose on any body part or in a manner outside the protocol established by Dynasplint Systems, Inc., is a use of the product for which it, its divisions and employees cannot be held responsible. All implied warranties of fitness for use for any other purpose (or purposes) are expressly disclaimed.