

Wearing Instructions Range of Motion (ROM) Bracing

You have just received either a **ROM knee brace or elbow brace**. There are just a few points to note regarding your new brace.

1. When applying the brace, make sure the hinge of the brace is in alignment with your knee or elbow.
2. Straps should be as tight as possible without cutting off circulation. This will help the brace stay in place.
3. The padding and the straps can be hand washed if needed. Do not wash them in the washer and dryer, it will damage them.

Please contact our office if:

- a. Your doctor would like the range of motion setting changed on your brace. (For example, if your brace was initially locked at 90* and now your doctor would like you to be able to fully move your braced arm or leg.) **DO NOT ATTEMPT TO CHANGE THE SETTINGS YOURSELF.**
- b. You would like another set of padding.
- c. You experience skin breakdown.
- d. You have any questions or concerns regarding your brace.



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