

Renfrew County Orthopaedics

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Otto Bock Hyper-Extension Orthosis Patient Donning/Doffing Instructions:

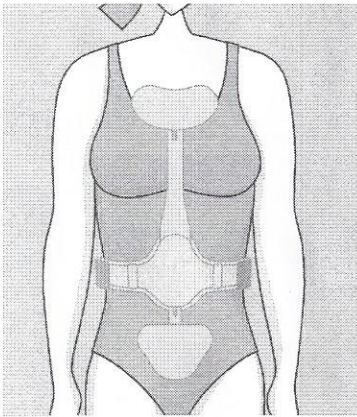


Abbildung 1: Vorderansicht
Front view

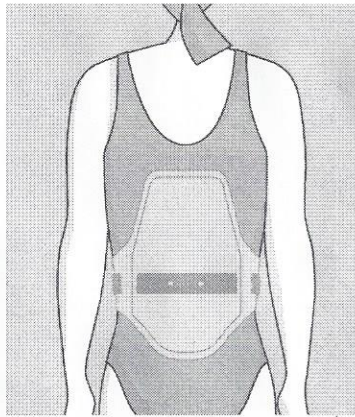


Abbildung 2: Rückenansicht
Back view

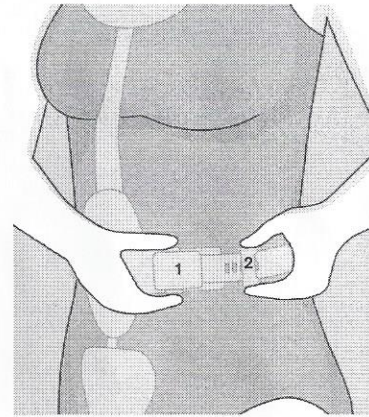


Abbildung 3: Rasterverschluss (1)
und Schließhilfe (2)

How To Apply (in lying position):

Ideally, the orthosis should be worn on top of a t-shirt.

Lie on the bed and roll onto the side.

Put the back pad and strap behind the back and slide the plastic tab under your side.

Roll onto your back and bring the front section into place over the stomach and chest.

To fasten the brace:

- 1) Push in release buttons on strap retainer.
- 2) Slide in back strap into strap opening, then release buttons. Pull strap through until snug.

The brace should feel tight.

For a proper fit the upper pad should rest on the sternum and the lower bar should just touch the thigh when sitting. If the sternal pad can be pulled away more than 1 cm from the sternum, then the brace should be tightened.

Tighten the brace by pulling the back strap forward.

How To Remove (in lying position):

Push in release buttons on ratchet retainer on either left or right side (one side only works best). Pull front section forward away from the body. When separated/released fully, roll to opened side and pull back plate out from connected side.

When To Wear Brace:

The brace should be worn when sitting up or standing.

It can be taken off when lying flat.

It should be taken off in a lying position.

Shower/Bathing:

The brace can be worn in the water. After a shower or bath, remove the brace, towel dry and let air dry for a short time (15-30 mins).

Care & Cleaning:

Use soap and water and a scrub brush or wash cloth. After cleaning, towel dry and let stand for a short time (15-30 mins).