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Orthotic Care and Wear Instructions

Elbow Orthosis (EO), Wrist-Hand Orthosis (WHO)

General Description:

EO is an acronym for Elbow Orthosis and WHO is an acronym for Wrist-Hand Orthosis. An EO or WHO is used for a variety of conditions. It can be used for positioning/stabilization, for range of motion assistance, or to stop a joint from flexing or extending excessively. It can also be used for fracture management. Materials can include canvas, metal, and low temperature thermoplastics. The physician determines use of the device. It may be worn all day or for nighttime use only.

Application:

- Loosen straps, place hand in device, putting thumb and fingers in their designated slots.
- Secure closures and adjust for comfort.

Wearing Schedule:

Day One: Brace should be worn for 1 to 2 hours twice a day. Check skin after use. Some small, light red marks may be noticed on the skin that should go away in 20 to 30 minutes after removing the brace. If redness is present and does not go away after 20 to 30 minutes or if you notice any scratching, bruising, or blistering **do not put the brace back on**. Call immediately to schedule an appointment with your orthotist.

Day Two: Brace should be worn for 2 to 3 hours twice a day. Check skin after use. Some small, light red marks may be noticed on the skin that should go away in 20 to 30 minutes after removing the brace. If redness is present and does not go away after 20 to 30 minutes or if you notice any scratching, bruising, or blistering **do not put the brace back on**. Call immediately to schedule an appointment with your orthotist.

Day Three: Brace should be worn for 3 to 4 hours twice a day. Check skin after use. Some small, light red marks may be noticed on the skin that should go away in 20 to 30 minutes after removing the brace. If redness is present and does not go away after 20 to 30 minutes or if you notice any scratching, bruising, or blistering **do not put the brace back on**. Call immediately to schedule an appointment with your orthotist.



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Cleaning and Maintenance:

The EO or WHO can be cleaned by hand washing with mild soap and water. It must be air-dried.

Risks and Benefits:

BENEFITS

- Positioning/stabilization
- Range of motion assistance
- Stops a joint from flexing or extending excessively
- Reduce pain

RISKS

- May cause skin breakdown such as scratching, bruising, or blistering, which can cause serious complications if skin is not checked regularly or if device is not applied as directed.

Tips and Problem Solving:

If the wearer experiences pain, swelling, sensation changes, or unusual reactions, check the position and tightness of the device. If problems continue, consult the orthotist.