

Mayo Clinic Elbow Brace

AIRCAST[®]
INCORPORATED

universal elbow brace (05E)

The Mayo Clinic Elbow Brace provides a static adjustable stretch (SAS) of the elbow in both flexion and extension. This feature replaces the need for multiple braces to treat elbow contractures and elbow reconstructive procedures and repairs.

The Mayo Clinic Elbow Brace features:

- Static adjustable stretch (SAS) — “buckle-free” from full extension to full flexion minimizes contractures
- Lock/unlock mechanism allows selection and switching between: immobilization, static stretch, and free range-of-motion therapy
- Easily read calibrated control knob helps monitor therapy progress
- Controlled range-of-motion using adjustable hinge stops
- Universal lightweight design — can be used on the right or left arm
- Size adjustable for a wide variety of humeral/radial circumferences
- ARC™ Forearm Rotational Brace option provides pronation/supination control



OPERATION

The Mayo Clinic Elbow Brace, featuring an innovative control knob and adjustable hinge, provides superior stability and comfort while allowing for immobilization, static stretch or free motion option of the elbow. The sturdy metal bars provide stability, while the straps with aircells securely hold the brace in position, ensure patient comfort and avoid pressure points.

The brace is used immediately after surgery to protect and immobilize the elbow joint.

For static stretch the control knob is set to the desired degree of flexion or extension. Once the arm muscles have stretched to the designated degree the muscles can relax minimizing the inflammatory response that can occur in dynamic stretching.

In addition, the control knob can be unlocked allowing for free range-of-motion (ROM). This unique feature enables the patient to have the benefits of stability and protection while promoting elbow movement to prevent or treat contractures.

The Mayo Clinic Elbow Brace also controls ROM through the use of metal stops located in the adjustable hinge. These stops adjust flexion and extension in the free motion mode and ensure that the patient does not exceed predetermined safe limits of ROM.

An accessory for the Mayo Clinic Elbow Brace, the ARC™ Forearm Rotational Brace (05EW) controls pronation/supination.

INDICATIONS

The Mayo Clinic Elbow Brace provides static stretch for treating contractures of the elbow. In addition the brace may be used for various elbow reconstructions/repair procedures.

CONTRAINDICATIONS

The Mayo Clinic Elbow Brace may not be used on persons with vascular or neurovascular compromise.

Mayo Clinic Elbow Brace (05E) Instructions:

Apply brace *(See bottom of page for alternative method of application)*

The brace has four straps with four aircells for patient comfort and securing the brace to the arm. Two additional aircells are included with the Mayo Clinic Elbow Brace and may be added to the bottom portion of both the forearm and bicep straps. When adding the aircells, be sure that the gray side faces the skin and thread the strap through the loops on the black side of the aircell. These aircells provide additional support and help maintain brace position for patients with a small arm.

- Set the control knob to the unlocked position.
- Remove the stops from the brace hinge with an allen wrench (included with brace).
- Open each of the four straps and lay arm in brace. The bracket with the blue fabric should be placed toward the shoulder and the black bracket near the wrist. The hinge and control knob should be positioned on either side of the elbow joint (Fig. 1).
- Secure the four straps in the following order: wrist, shoulder, forearm, and bicep.
- To ensure that the brace hinge and control knob are aligned with the crease of the elbow, adjust the forearm and bicep straps. Be sure to adjust both the top portion of the straps as well as the bottom (the straps are two-sided).

It is critical that the brace hinge and control knob are aligned with the crease of the elbow at all times for proper fit (Fig. 2).

- If desired, insert the stops into the hinge using an allen wrench (included with brace) (Fig. 3). The stops can be positioned for limited range-of-motion (ROM) in the unlocked position.

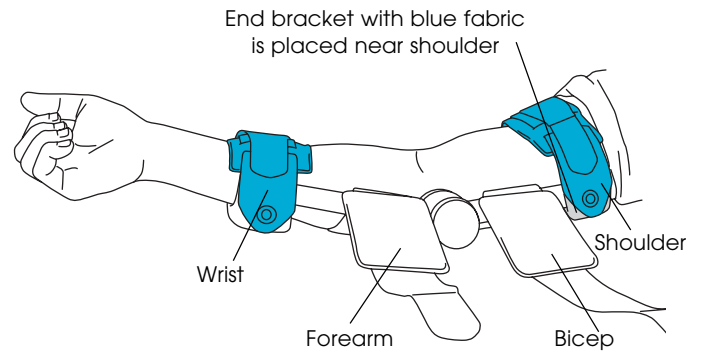


Fig. 1

Insert arm in brace and secure straps:
wrist, shoulder, forearm, bicep.

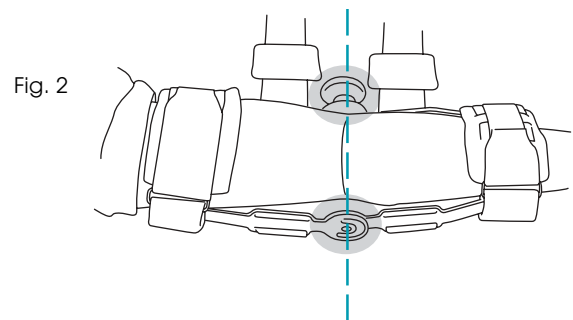


Fig. 2

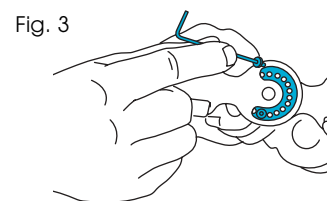


Fig. 3

If desired, insert stops into
hinge to limit range-of-motion.

Alternative Application Method

(This alternative method of application is suggested for patients who may have difficulty securing the straps of the Mayo Clinic Elbow Brace with their non-dominant arm, or have functional limitations in their upper extremities.)

- Loosen each strap but *do not completely open the strap*. Carefully slide arm into brace making sure that each strap wraps around the arm.
- Align the hinge mechanism with the elbow crease (Fig. 2).
- Secure the four straps in order: wrist, shoulder, forearm, and bicep.

Elbow contracture bracing (stretch mode)

- Apply the brace (see step 1).
- Set the control knob lever to the *locked* position (🔒).
- Apply static stretch, in either flexion or extension, according to the patient's tolerance.
- The Mayo Clinic Elbow Brace should be worn as directed by the patient's treating physician.

Elbow reconstruction (free motion mode)

- Apply the brace (see step 1).
- Set the control knob lever to the *unlocked* position (🔓).
- The Mayo Clinic Elbow Brace should be worn as directed by the patient's treating physician.

Optional Arm Sling

The Mayo Clinic Elbow Brace includes an optional Arm Sling for additional patient comfort.

Apply Arm Sling

The Arm Sling should be attached to the Elbow Brace before the brace is applied.

- Attach the Sling to the bar of the Elbow Brace that is closest to the body. Wrap the loop end of Sling around the bar in between the bicep strap and the shoulder end bracket (with the blue fabric).
- Insert the free end of the Sling into the loop and pull through until secure (Fig. 4).
- Apply Mayo Clinic Elbow Brace per instructions on previous page.
- With the gray side of the Sling toward the body, wrap around body: under the arm, across the back, up over the opposite shoulder and around the Elbow Brace wrist bracket. Attach the end tab to the Sling strap across chest (Fig. 5).
- For additional security, slide the black ring over end tab (Fig. 6).

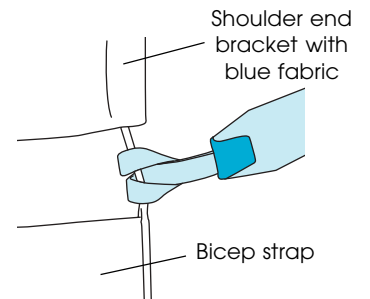
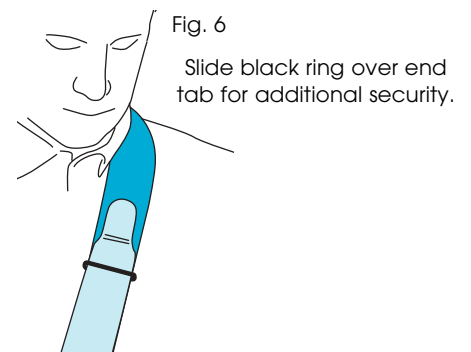
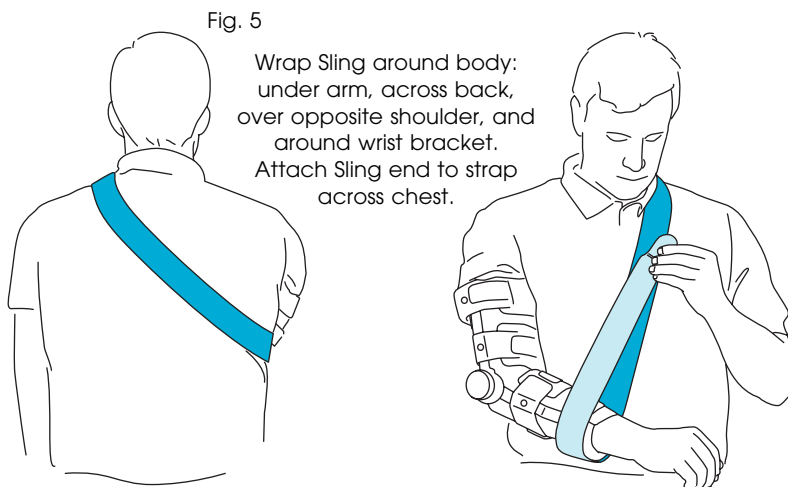


Fig. 4

Attach sling to brace in between the bicep strap and the shoulder end bracket with the blue fabric.



CAUTION

Excessive tightening of Mayo Clinic Elbow Brace straps may compromise circulation. If tingling or numbness is experienced, loosen straps.

NOTE:

When using the brace at flexion angles greater than 95°, loosen the top of both the forearm and bicep straps to prevent impingement. If desired, the forearm and bicep straps may be completely opened on top. If the straps are open, wrap each strap around the bottom and secure to bottom strap.

During treatment, the top of the control knob may be removed.

Before unlocking the brace, turn the control knob slightly to reduce pressure on the arm (if the pressure is not reduced, the brace hinge will not release when the brace is locked).

Ordering Information

P/N	Description	Size	Color
05E-L	Mayo Clinic Elbow Brace with Arm Sling (left arm; knob medial)	Universal	Black
05E-R	Mayo Clinic Elbow Brace with Arm Sling (right arm; knob medial)	Universal	Black
05EW	ARC™ Forearm Rotational Brace (pronation/supination control)	Universal	Black

CARE

The straps and covers of the Mayo Clinic Elbow Brace can be hand washed in 30°C warm water using mild soap. Rinse thoroughly and air dry. If the straps and covers are not rinsed thoroughly, residual soap may cause skin irritation and deteriorate material.

All other portion of the brace may be wiped clean using a nonabrasive cleaner or mild soap. *Do not allow liquid to enter the control knob.*

LATEX

All Aircast products are latex-free.

WARRANTY POLICY

Satisfaction—Aircast will provide prompt refund for any product that does not satisfy the physician for any reason whatsoever.

Durability—Aircast will provide replacement parts for any Mayo Clinic Elbow Brace that becomes unserviceable for any reason for a period of one year from date of sale provided the worn part is returned for analysis.

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US PATENT: 5,505,668 AND OTHER PATENTS PENDING



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