

# Bledsoe Extender Arm Brace

Application Instructions CP020314 Rev D 03/07



Council Directive 93/42/EEC  
of 14 June 1993 concerning  
Medical devices

**ALTERNATIVE TO CASTING OR SPLINTING WITH RANGE OF MOTION**



This device is offered for sale by or on the order of a physician or other qualified medical professional. This device is not intended for reuse on a second patient or for extended use beyond 180 days. This device is not intended to prevent injuries or reduce or eliminate the risk of reinjury.

**Indications:** Indicated for immediate application following injury or operative procedures to the elbow, or for stable or internally fixed fractures of the distal humerus or proximal to middle radius or ulna where locked or limited motion control of the elbow is desired.

**WARNING:** Do not leave this device in the trunk of a car on a hot day or in any other place where the temperature may exceed 150° F (65° C) for any extended period of time. **If any additional pain or symptoms occur while using this device, seek medical attention.**

**Contraindications:** Contraindicated for unstable fractures or for fractures of the proximal humerus or distal radius or ulna.

**Warranty:** This device is warranted to be free from defects in material and workmanship for a period of 90 days. These warranties apply to devices that have not been modified or subjected to misuse, abuse or neglect. This device is expressly subject to Bledsoe's Product Line Limited Warranty. Copies of this limited warranty can be obtained from your medical professional, via the internet at [www.bledsoebrace.com](http://www.bledsoebrace.com) or by calling (800) 527-3666.

Manufactured by:

**Bledsoe Brace Systems™**

2601 Pinewood, Grand Prairie, Texas, 75051, USA

Toll Free Tel. **1-888-BLEDSOE** (253-3763)

Or 1-800-527-3666 • Local Tel. 972-647-0884

Technical Services 1-800-385-8832

Local FAX 972-660-5495

International FAX 972-606-0649

[www.bledsoebrace.com](http://www.bledsoebrace.com)

European Authorized Representative:



**ORTHOMEDICO** (European Bledsoe Agent)  
+32 54 504005 [www.orthomedico.be](http://www.orthomedico.be)

**Emergo Europe**  
Molenstraat 15  
2513 BH, The Hague  
The Netherlands  
Tel: (+31) 70 345 8570  
Fax: (+31) 70 346 7299

**For product information or questions pertaining to sales or service, please contact the sales representative in your area or Bledsoe Brace Systems™ directly.**

## Bledsoe Extender Arm Brace Application Instructions



1. Unroll the foam cuffs, leaving them attached to the plates and position the hinge over the lateral humeral epicondyle (outer elbow). Form the black aluminum plate to fit (at the proximal forearm).

2. Wrap the foam cuff around the proximal forearm and trim the excess so that the foam overlaps the plate by about 3" (7.5 cm).

3. To adjust the wrist extension upright, depress the button and extend or collapse the upright to the styloid process of the ulna (bony bump on the medial side of the wrist).

4. Repeat for upper extension upright, adjusting the brace upright to the longest comfortable position at the axilla (arm pit).



5. Fasten the foam cuff to the hook fastener tab on the underside of the buckle strap.

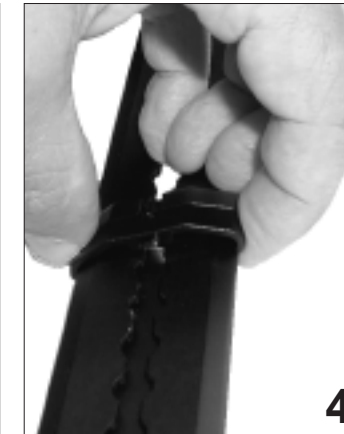
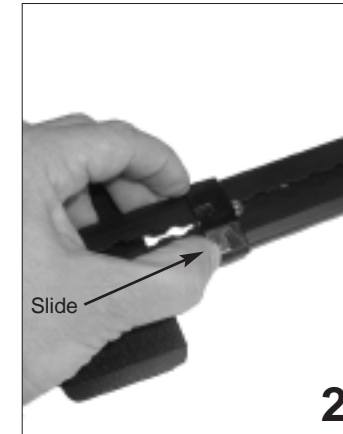
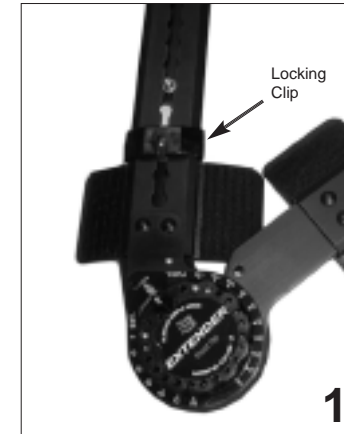
6. Loop the strap through the buckle and tighten. Repeat these steps for all remaining straps.

**Note:** Cut off the excess strap, if desired, and hold the end of the strap in place with the double-sided hook fastener piece provided.

7. To lock the uprights in place after adjustment, slide the locking clip over the button until a click is heard.

Refer to hinge instructions to set hinge limits.

## Extender Arm Locking Clip Application Instructions



1. The Locking Clip will come assembled on the brace positioned between the button and the end of the brace.

2. Slide the locking clip up the upright of the brace and over the button until the button is engaged into the hole of the locking clip. To lock the uprights in place after adjustment, slide to locking clip over the button until you hear a click.

3. Slide the locking clip towards the hinge. To disengage the locking clip, slide the clip off of the button.

4. If adjustment to the longest length is necessary, lift one side of the clip and remove it from the upright. Flip the clip to the opposite side of the button and replace the locking clip.



5. To replace the locking clip on the upright, hook one side to the upright and then push down until it locks into place. Slide the locking clip over the button until you hear a click.

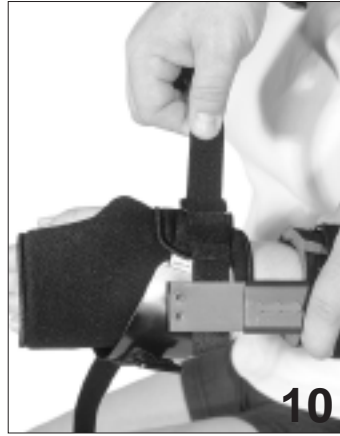
**NOTE:** The locking clip cannot be removed if it is engaged with the button. The clip cannot be replaced directly over the button.

## Extender Arm Wrist to Hand Extension Application Instructions



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9. Form the bendable wrist/hand plate around the wrist and hand with the wrist in the desired position.



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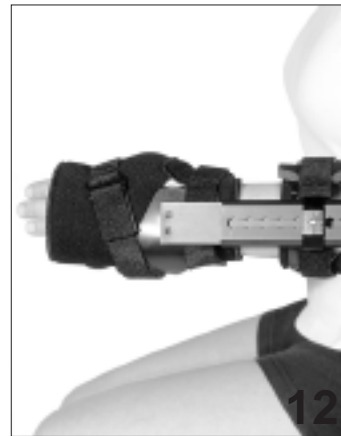
10. Fasten the wrist strap in the same manner as the other brace straps. Cut off any excess strap length, leaving room for adjustment.



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11. Wrap the hand strap around the hand at the palm, being certain to attach the strap over the hook piece that is glued in position on the wrist/hand plate. Fasten the strap end as before, leaving plenty of room for adjustment.

**NOTE:** Be careful not to place too much tension on the hand strap particularly in the area of the web of the thumb or irritation may occur



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12. Above photo is the finished product.

## Bledsoe Arm Sling Application Instructions



1

1. Attach the hook fastener to the underside of the wrist strap.



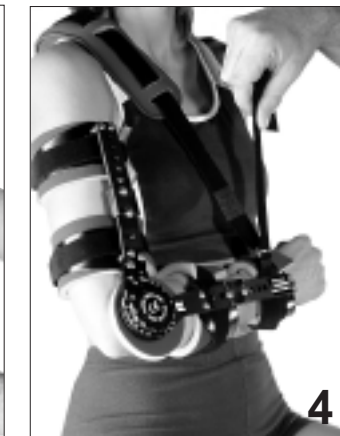
2

2. Run the strap over the shoulder of the affected arm and across the back and under the unaffected arm.



3

3. Slide the D-Ring strap under the hook fastener and adjust the angle of the strap from shoulder.



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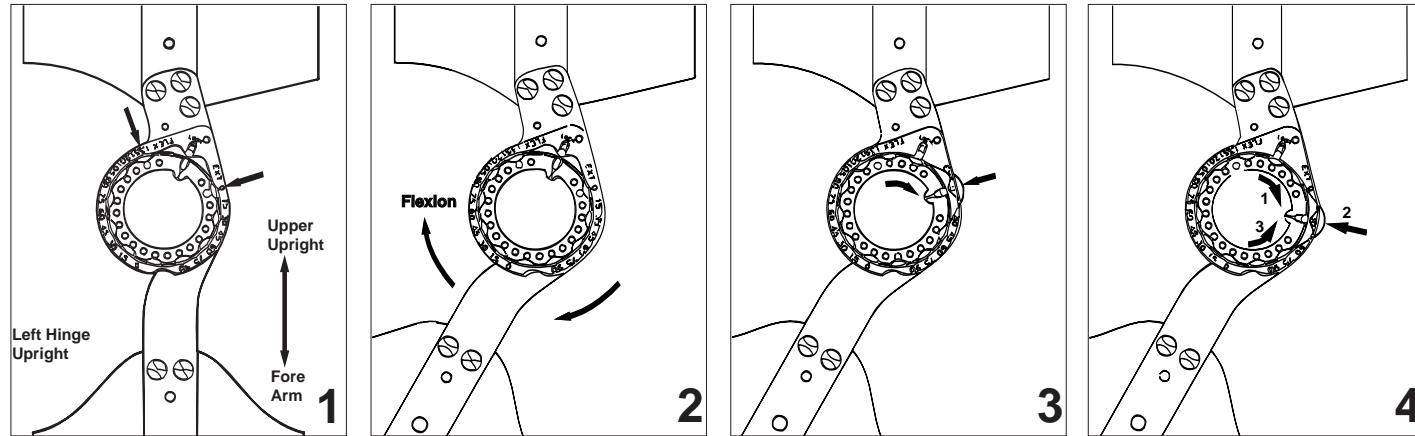
4. Loop the end through the buckle and raise to comfortable position. Attach the end of the strap onto itself with the hook fastener and cut off the excess. Slide the shoulder pad into a comfortable position over the shoulder.



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5. The arm sling is now complete and should look similar to our model above.

## Arm Brace Hinge Application Instructions



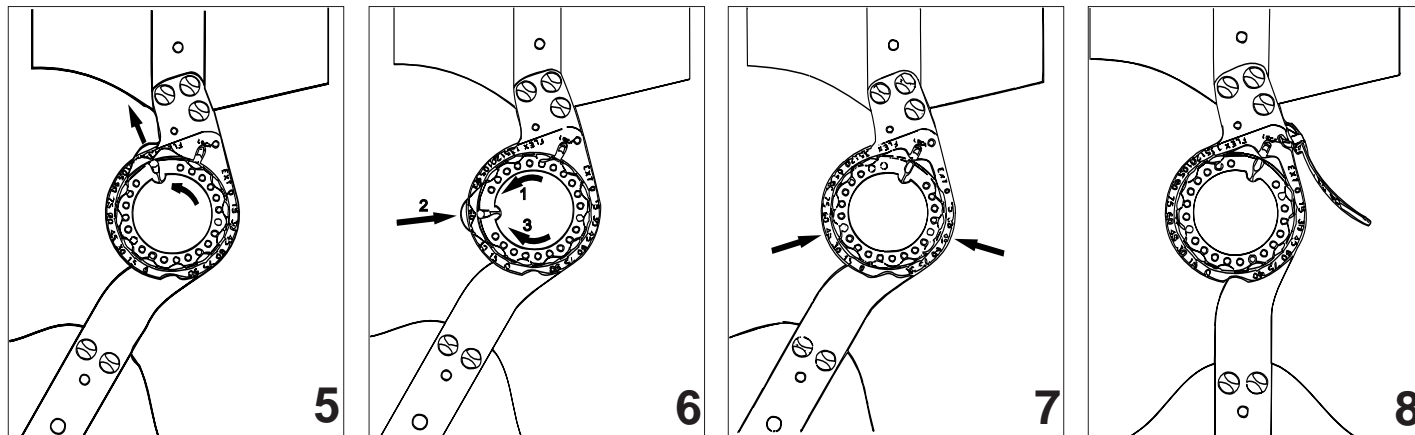
1. Note the present limits by viewing the pins visible in the dial holes.

2. Place the hinge in between the limits of desired motion before attempting to set the limits.

**NOTE:** Extension limits can be set from 0°- 90° in 15° increments. Flexion limits can be set from 0°-135° in 15° increments.

3. Rotate the dial towards the scale marked EXTENSION until the disc pops out.

4. Now rotate the dial to the desired extension setting (1), push in on the disc firmly until it is seated (2), and while holding the disc in, rotate the dial back to the original "LOCK" position to capture the setting (3).



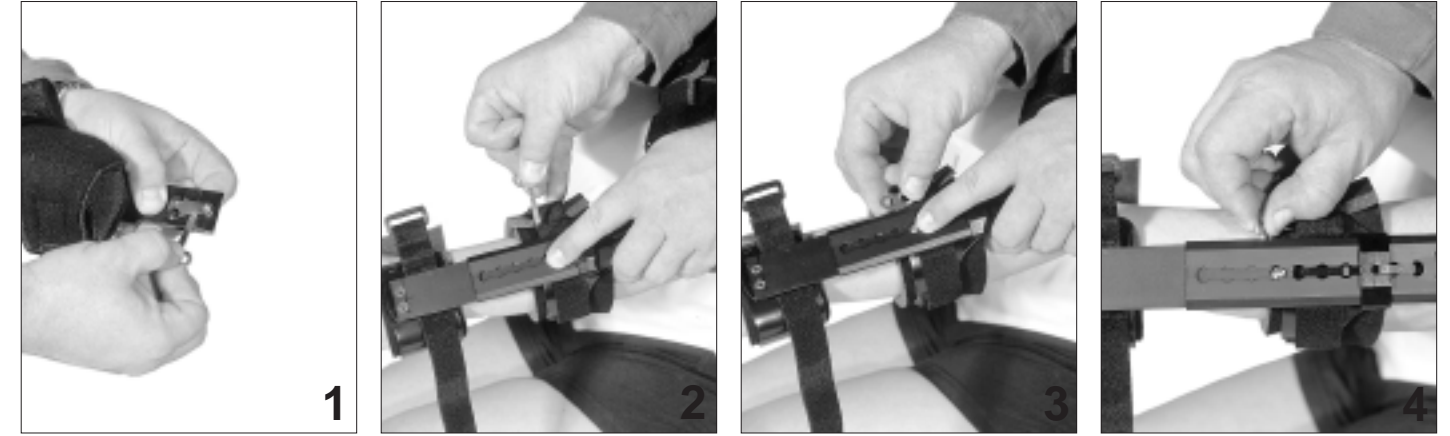
5. Rotate the dial towards the scale marked FLEXION until the disc pops up.

6. Rotate the dial to the new desired setting (1), push in on the disc until seated (2), and while holding the disc in, rotate the dial back to the "LOCK" position to capture the limit (3). The limits are now set.

7. To lock the hinge at any setting (in 15° increments), set both limits to the same number. Set one, then move the hinge against that limit and set the other limit.

8. To prevent tampering with the hinge setting, insert a tie wrap (6 provided) into the hole just above the lock pin slot. To change the limits, cut the tie wraps.

## Extender Arm Wrist to Hand Extension Application Instructions

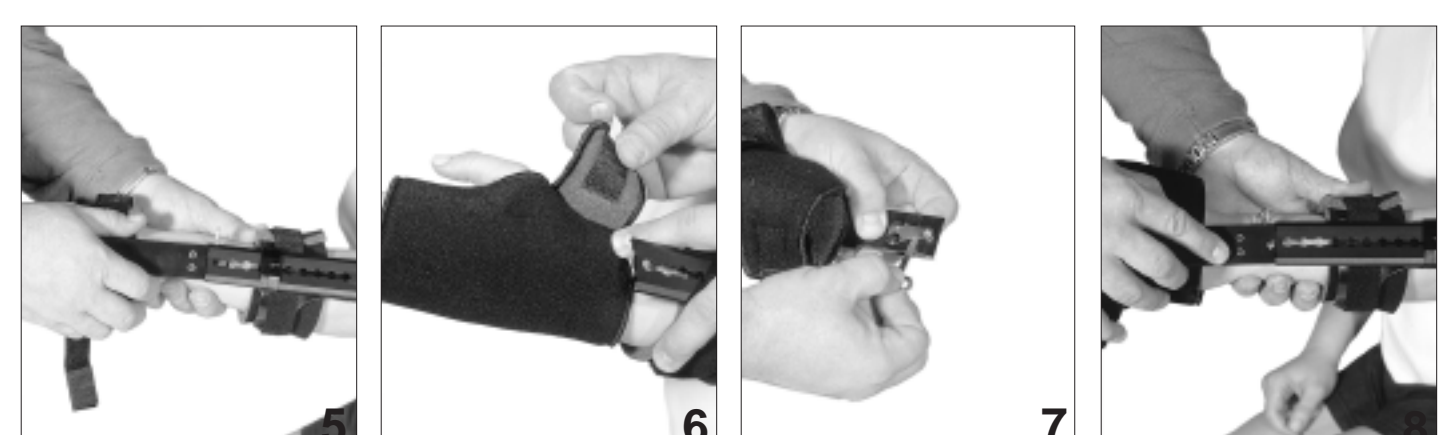


1. Remove key from behind the spring on the hand extension.

2. Insert key behind the spring on the wrist extension upright by depressing the button.

3. Open the lock clip and disengage the lower extension piece from the brace upright.

4. Turn the key clockwise 90°.



5. Slide the wrist extension upright out of the brace.

6. Place the foam hand wrap onto the hand so that the two L-shaped ends of the wrap with hook sewn onto them are placed on the proximal and the distal sides of the base of the thumb. Pull tension on the wrap and close the hook pieces onto the outer pile surface to engage. When applied in proper position the opening around the thumb is more or less a rounded hole.

7. Place the key between the spring and the upright on the hand extension.

8. Turn the key clockwise 90° and slide the hand extension onto the brace.  
**Note:** Place key in safe place for future adjustments or removal of the hand extension.