



**CORFLEX®**

Designed for life.

# Contender™ Post-Op Elbow Orthosis

APPLICATION INSTRUCTIONS

CORFLEX.COM 800 426 7353

## Preparing the brace for application:

For best fit, modify the brace prior to application. Follow the five steps in order. Note: Initial brace setting is full elbow extension with drop lock engaged. Do not disengage drop lock or change ROM settings unless specified by the physician.

### 1. Removable Biceps Cuff

Brace features a unique removable Biceps Cuff to help prevent incision site irritation or to accommodate short humeral lengths. Removal of this cuff should be only at the direction of the treating physician.

**A.** Unlock both proximal and distal ZipTrak™ lock buttons.

**B.** Depress the two grey Cuff Release Buttons located on either side of the rail at the base of the Upper Cuff. Slide cuff to remove.

**C.** Slide the narrow Biceps Cuff off the rail and retain for future use if desired.

**D.** Reapply Upper Cuff to rail. Slide Upper Cuff onto rail until the ZipTrak button can be engaged.

**E.** If Safety Notches are visible in the upper rail the Upper Cuff is not fully engaged and brace should not be applied to the patient. Unlock the ZipTrak button and slide cuff further onto track until notches are no longer visible.



DO NOT APPLY IF SAFETY NOTCHES ARE VISIBLE

## 2. Setting Brace Length and Cuffs

**A.** Position the hinge over the lateral humeral epicondyle (outside elbow).

**B.** Unlock all four ZipTrak buttons located along the rail.

**C.** Extend upper and lower rails until they match the length of the upper arm and forearm. Glide intermediate cuffs to desired location taking care to avoid surgical sites.

**D.** Engage all four ZipTrak lock buttons.



## 3. Contouring the Uprights

**A.** Brace uprights can be contoured to help prevent migration. Place hinge on a solid surface with bending notches above the edge to protect hinge function. Uprights can also be contoured anywhere along the exposed metal track.

**B.** Apply gentle constant pressure in desired direction.



## 4. Forming the Cuffs

**A.** Contour the Upper Cuff to the upper arm. Front section is shorter to prevent irritation in the axilla. Wrap extended rear section around the arm to capture the triceps.

**B.** Wings of the forearm C-Cuff can be shaped independently for maximum contact.

**C.** Adjust the Wrist Cuff to match the desired hand position for neutral, supination or pronation.



## 5. Adjusting Straps and Securing the Brace

**A.** Strap lengths may be shortened by removing hook tip, trimming strap to desired length and reapplying alligator-style hook tip to end of strap.

**B.** Insert grooved tongue into the QuikZip™ buckle to secure the strap.



## Setting the Drop Lock

Ensure that brace length, and cuff position have been properly adjusted before proceeding (see front for instructions).

1. Drop Lock comes set at 0° and can be locked in 10° increments from -10° to 90°.
2. To unlock, slide gold Drop Lock Button away from hinge center. To lock, rotate hinge to one of the eleven drop lock positions and slide the gold button down toward the hinge center. Slide button can also be left unlocked for free range of motion.



## Adjusting the ROM Hinge

1. Disengage the drop lock. Both flexion and extension can be set from -10° to 110° in 10° increments.
2. To set extension, remove black FlexLok by pulling the band up and away from the button, depress white button and slide to desired setting. To set flexion, remove FlexLok and depress grey button and slide to desired setting.
3. Apply FlexLok to each button after adjustment to prevent patient tampering. Pull tab up and slide over the button to engage.
4. Zip ties are also included for a more permanent lock. Insert zip tie through each button, tighten and trim excess.



## Applying Optional Arm Sling

1. Place the neck strap over the patient's head.
2. Slide the arm into the sling and position along the forearm to deliver proper support.
3. Adjust the strap length until the desired angle is achieved. Strap length may be shortened by removing hook tip, trimming strap to desired length and reapplying alligator-style hook tip to end of strap.



## Care instructions:

Remove cuff pads and condyle pad from brace. Straps and pads should be hand washed only using warm water and detergent for delicate fabrics, repeatedly rinsed and line dried only. Do not use bleach or place in a dryer. Uprights and Cuffs can be wiped using warm water and a mild disinfectant. Do not immerse brace in liquids.

## Caution:

This product has been designed and tested based on single patient use. Since it is a single use device it should never be used by multiple patients. If any additional pain or symptoms occur while using this device, seek medical attention.

## Indications:

Indicated for fixed or controlled range of motion following injury or operative procedures to the elbow, stable fractures, biceps tendon repair and mild to severe soft tissue injuries.

## Contraindications:

Contraindicated for unstable fractures or for fractures of the humerus, radius or ulna.

## Warranty:

Products manufactured by Corflex are warranted to the original purchaser against defects in workmanship and material for the life of the product. The foregoing warranty shall not apply to normal wear and tear; or if the product has been subjected to misuse or misapplication the warranty will be voided at the discretion of Corflex.



## To Reorder:

Product Number	Univ	Right	Left
Contender Post-Op Elbow Brace Adjustable length from 14"-19.5"	-	75-4000	75-4001
Accessories	Univ	Right	Left
Replacement Pad Set	-	75-4030	75-4031
Replacement Sling	75-4032	-	-
Hand Attachment, Small	-	75-4011	75-4021
Hand Attachment, Med.	-	75-4012	75-4022
Hand Attachment, Large	-	75-4013	75-4023

Hand Attachment measurement taken from wrist circumference: Small fits 6"-7"; Medium fits 7"-8"; Large fits 8"-9".

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# Contender™ Post-Op Elbow Hand Attachment

## APPLICATION INSTRUCTIONS

### Fitting and Application:

Hand Attachment was designed and tested for use only with the Contender Post-Op Elbow Brace (sold separately). Use the attachment to help limit hand pronation/supination when using this brace.

Note: Select appropriate Hand Attachment for use with the brace by measuring wrist circumference and specifying left or right.

1. Remove cuff pad from Wrist Cuff and alligator-style Hook Tab from end of Wrist Strap and set aside. Hook Tab will be reattached later.
2. Prepare to apply to brace by determining if hand attachment will be positioned in neutral, pronation or supination. Align hook on inside of metal wrist cuff with wide loop panel on hand attachment. Slide hand into attachment and adhere molded strap tab to backside of hand piece to secure on the hand..
3. Locate arrow molded into distal end of brace. For neutral wrist position, align arrow with grey stitch guide on hand attachment. For pronation or supination, rotate hand appropriately. Press firmly to secure to hook on inside of metal wrist cuff. Ensure hook will not touch exposed skin, adjust position if needed.
4. Contour metal wrist cuff to match wrist position. Feed wrist strap through cloth loop(s) on hand attachment and finally through plastic loop on distal end of brace. Trim strap length as needed and reattach alligator hook tab that was removed in Step 1.



5. Tighten strap and secure hook tab, taking care not to overtighten. Verify elbow hinge alignment, adjusting length of forearm upright if needed. Ensure ZipTrak locks are fully engaged upon final fit.



**Care instructions:**

The Contender Post-Op Elbow Hand Attachment may be hand washed using warm water and detergent for delicate fabrics. Remove metal stay prior to washing. Repeatedly rinse and line dry. Do not use bleach or place in a washer or dryer.

**Caution:**

This product has been designed and tested based on single patient use. Since it is a single use device it should never be used by multiple patients. If any additional pain or symptoms occur while using this device, seek medical attention.

**Indications:**

Indicated for supporting the wrist and controlling hand position following injury or surgery in conjunction with the Contender Post-Op Elbow Brace.

**Contraindications:**

Do not use on unstable fractures. Not for use on patients with circulatory or sensation issues. If swelling, pain, skin irritation or an unusual reaction occurs, discontinue use and consult your medical professional.

**Warranty:**

Products manufactured by Corflex are warranted to the original purchaser against defects in workmanship and material for the life of the product. The foregoing warranty shall not apply to normal wear and tear; or if the product has been subjected to misuse or misapplication the warranty will be voided at the discretion of Corflex.

**To Reorder:**

Product Number

	S	M	L
Right	75-4011	75-4012	75-4013
Left	75-4021	75-4022	75-4023

Sizing Guide

S	M	L
6"-7"	7"-8"	8"-9"

Measurement taken at wrist circumference.



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