INFORMATION FOR PATIENTS

Range of motion (ROM) elbow brace

This leaflet is intended as further help to patients who have been supplied with a range of motion (ROM) elbow brace. If advice in this leaflet differs from what you have been told on the ward or in clinic, wear it as directed by the physiotherapist/orthotist as this will be specific advice to your individual needs.

Your ROM elbow brace
These are prescribed to restrict or limit motion at the elbow joint. This may be necessary to:

- Protect the elbow joint prior to surgical repair following an injury.
- Protect the elbow joint following surgical repair.
- Prevent instability due to muscle weakness.

How it works?
There are a variety of ROM elbow braces, however, all have a ROM dial on the outer aspect of your elbow joint. This dial will be set by your physiotherapist/orthotist to a certain range of movement as instructed by your consultant. Occasionally the joints will need to be locked in a fixed position so that you cannot bend your elbow at all. This will be set by your physiotherapist and should not be altered.

When should I wear my elbow brace?
You should wear it all the time unless instructed otherwise by your consultant. You will, however, need to remove and re-apply the brace for washing and daily skin checks.

Fitting
Once the ROM brace has been set up for you by the physiotherapist/orthotist, you remove it by loosening the four Velcro straps attached to brace. While the brace is off, you must maintain your elbow position as it has been set with the elbow brace on.

When re-applying the brace, ensure that the range of motion dial is positioned over the outer aspect of your elbow joint. The brace hinge should bend when your elbow joint does. The straps on the brace should be fastened in order as labeled on the brace, beginning with number one. The brace should be worn directly against the skin. However, if you want to wear something in between the brace and your skin, this should be tight fitting. If the brace is worn over baggy clothing, the clothing can crease and may cause skin sores. It will also increase the likelihood of the brace slipping down the arm.

Adjusting the fit
If you initially have swelling that goes down, this will result in the brace becoming too big and you will need adjust it to gain a good fit. To do this, align the brace and then tighten the strap until it is secure. Check the strap is not too tight by ensuring a finger can be placed between the strap and skin.

Do not adjust the range of motion dial unless shown how to. You will need to see a physiotherapist/orthotist if you have not been shown how to adjust the brace.

Do I need to adjust my brace?

Yes ☐ No ☐

When?

1. Date to adjust brace: …… Adjust the brace to: ……

2. Date to adjust brace: …… Adjust the brace to: ……

3. Date to adjust brace: …… Adjust the brace to: ……

Your brace has been fitted by:

Name: …….. Role: ……

Contact details:

- Physiotherapy Department: Telephone (01623) 672384
- Orthotic Department: Telephone (01623) 676163.

Further sources of information

NHS Choices: www.nhs.uk/conditions
Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222
Newark Hospital: 01636 685692
Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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