

ARC™ Forearm Rotational Brace

AIRCAST
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adjustable rotational control for Mayo Clinic Elbow Brace (05EW)



(Wrist shown in pronation.)

The ARC Forearm Rotational Brace is an adjustable rotational control brace designed to control pronation and supination of the elbow joint when used with the Mayo Clinic Elbow Brace. It consists of four components:

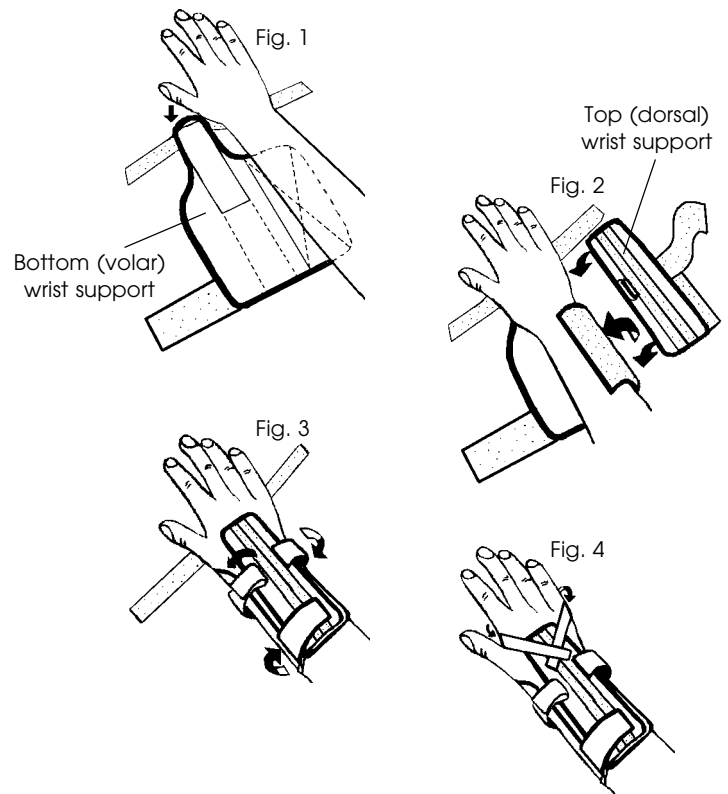
- Bottom (volar) wrist support
- Top (dorsal) wrist support
- Pronation/supination strap
- D-ring strap

The ARC Forearm Rotational Brace is used for pronation control with lateral collateral ligament injuries/repairs and pronation contracture. Supination control is ideal for medial collateral ligament injuries/repairs and supination contracture.

1 Apply ARC Forearm Rotational Brace to hand and wrist

The ARC Forearm Rotational Brace should be secured to the hand and wrist before the Mayo Clinic Elbow Brace is applied.

- Open straps completely and separate bottom (volar) wrist support from top (dorsal) wrist support. (Place the pronation/supination strap and D-ring strap on the side to be used later.)
- Lay bottom wrist support flat and place arm, palm side down, on top (Fig. 1).
- Wrap side of bottom wrist support around wrist. Lay top wrist support on top of wrist and secure to bottom support (Fig. 2).
- Wrap straps around wrist; first short strap then the long strap. Insert end of long strap into the ring and secure (Fig. 3).
- Wrap finger straps around fingers and secure to top wrist support (Fig. 4).
- Readjust all straps for a snug but comfortable fit.



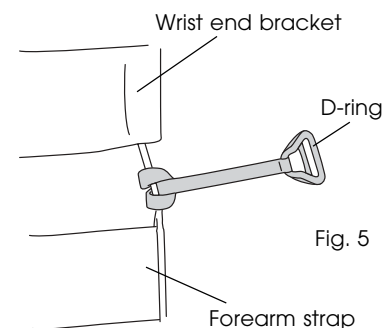
2 Prepare Mayo Clinic Elbow Brace

- Separate the pronation/supination strap from the D-ring strap (included with ARC Forearm Rotational Brace).
- Attach the D-ring strap to the Elbow Brace bar.

For pronation, apply strap to medial bar of Elbow Brace.

For supination, apply strap to lateral bar of Elbow Brace.

Wrap the strap around bar in between the forearm strap and wrist bracket. Insert the free end of the strap into the loop, and pull through until secure (Fig. 5).



3 Apply Mayo Clinic Elbow Brace to arm

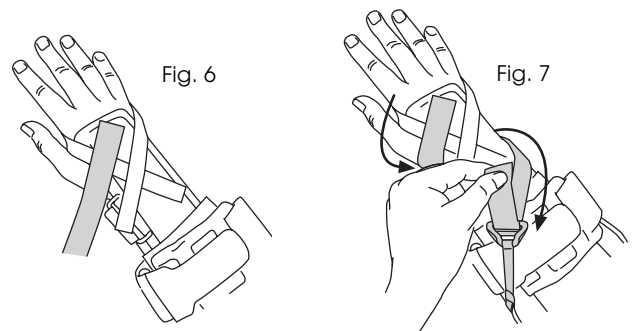
- Apply the Mayo Clinic Elbow Brace (see instruction sheet included with Elbow Brace). The Elbow Brace will overlap the ARC Forearm Rotational Brace.
- Lock the Elbow Brace at 90°.

4 Attach ARC™ Forearm Rotational Brace to Mayo Clinic Elbow Brace

Pronation application

- Apply pronation/supination strap to top wrist support with free end toward thumb (Fig. 6).
- Wrap strap around hand and wrist at a 45° angle (Fig. 7).
- Insert free end of strap into D-ring on medial side of Elbow Brace (Fig. 7).
- Pull strap through D-ring and firmly secure.
- Tighten strap as tolerated to increase pronation.

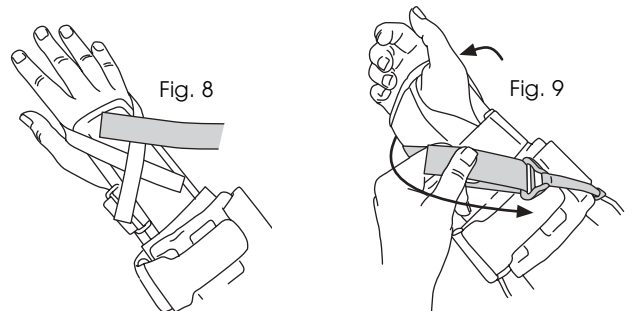
Pronation Application



Supination application

- Apply pronation/supination strap to top wrist support with free end toward little finger (Fig. 8).
- Wrap strap around hand and wrist at a 45° angle (Fig. 9).
- Insert free end of strap into D-ring on lateral side of Elbow Brace (Fig. 9).
- Pull strap through D-ring and firmly secure.
- Tighten strap as tolerated to increase supination.

Supination Application



Note: When using the ARC Forearm Rotational Brace for pronation/supination control, the strap may be too long for some patients. If necessary, adjust the placement of the strap on the top wrist support and cut off the excess strap.

CARE

The ARC Forearm Rotational Brace may be hand-washed in cold water with mild detergent and air-dried. Do not put in dryer or use other heat source to dry.

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 ARC Forearm Rotational 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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