



Brace for Static Progressive Stretch for Elbow Flexion and/or Extension.

1. Apply brace as shown below
2. Straighten and/or bend your elbow as far as you can
3. Move tab to locked position (if applicable)
4. Turn knob to adjust tension until you feel a gentle stretch
5. Adjust tension every 5 to 10 minutes to maintain a gentle stretch for one hour
6. Use brace 3 or more times per day or as instructed by surgeon/therapist

Notes:

- Applying heat to elbow for 10 to 15 minutes prior to stretching may make stretching more effective (you must be able to feel hot and cold to apply heat safely)
- This is a guideline which may be altered by your surgeon/therapist
- Precaution: adjust brace if numbness or decreased circulation occurs
- Questions? Contact OT 604-806-8114/Physio 604-806-8115

