



Humeral Fracture Brace Care and Use Guide

You have just received your new orthosis which was designed and custom made especially for you. Please refer to the following instructions for the care and use of your brace.

Application:

- Relax your arm and let it hang naturally by your side. Sprinkle talcum powder on the upper arm and apply a clean wrinkle-free stockinette.
- Using an assistant if possible, apply the front section to the upper arm followed by the back section. The back section must overlap the front.
- Thread all Velcro straps through their corresponding loops located on the back section. Be sure that equal pressure is maintained on all straps. The fit should be comfortably snug.

Wearing Schedule:

- Depending on your specific condition and your physician's orders, you **may not** be able to remove your brace. Your orthotist will discuss a specific wear schedule and skin maintenance regimen with you.
- If your physician has given you a specific wear schedule it will be as follows:
- _____

Skin Maintenance and Bathing:

- When the physician has given permission to bathe or change the stockinette, the arm may be cleaned as follows:
 - Shower with the brace on.
 - Remove brace and gently dry the arm.
 - Re-apply the brace, following the application instructions above.

Orthosis Care:

- Once allowed to remove the brace, you may use alcohol spray or warm water and a mild soap to clean the inside of the brace. Use a clean cloth to wipe dry.
- Wash the cotton stockinette in cold water and allow to air dry or machine dry on low.

If at any time your orthosis becomes cracked or broken, see your orthotist for repairs or replacement.
Contact your orthotist with any questions or concerns.