



HUMERAL FRACTURE CUFF ORTHOSIS

Purpose: Worn snugly, the Humeral Fracture Cuff Orthosis is used for the protection, appropriate alignment, and healing of a broken humerus, which is the bone constituting the upper arm.

Goal: Your orthotist's goal is to reduce pain and aid healing of your fracture.

Application/Use: Relax your arm and let it hang naturally so gravity can help to align the bone pieces properly. Put on a clean stockinette, smoothing out any wrinkles to avoid areas of excess pressure. Apply the orthosis with the inner section overlapping onto the outer section and positioned so it does not impinge your elbow. Loosely hook both Velcro straps around the cuff before tightening one and then the other to ensure snug, even pressure. The orthosis should be worn snugly but not so tightly as to compromise circulation. The long elastic strap is worn comfortably around the chest. The orthosis is worn full-time until directed otherwise by the physician.

Hygiene: Wear the stockinette interface under the orthosis as the device should not be worn directly against your skin. You can wipe the device down with rubbing alcohol or alcohol wipes; the stockinette should be washed in cold water as needed and allowed to air dry while you wear the second one. Do not place the orthosis in a clothes dryer or use a hair dryer on it. When your physician has given permission to do so, you may shower with the orthosis on after which gently remove the orthosis, dry the arm, and reapply the orthosis with a clean, dry stockinette.

Skin checks: It is important to routinely monitor the skin for signs of trouble, meaning any dark marks from the orthosis (not to be confused with bruising due to the fracture). Also monitor the extremity for any numbness or temperature change in the arm down to the hand; if your hand is turning purple or cold, the straps need to be loosened slightly.

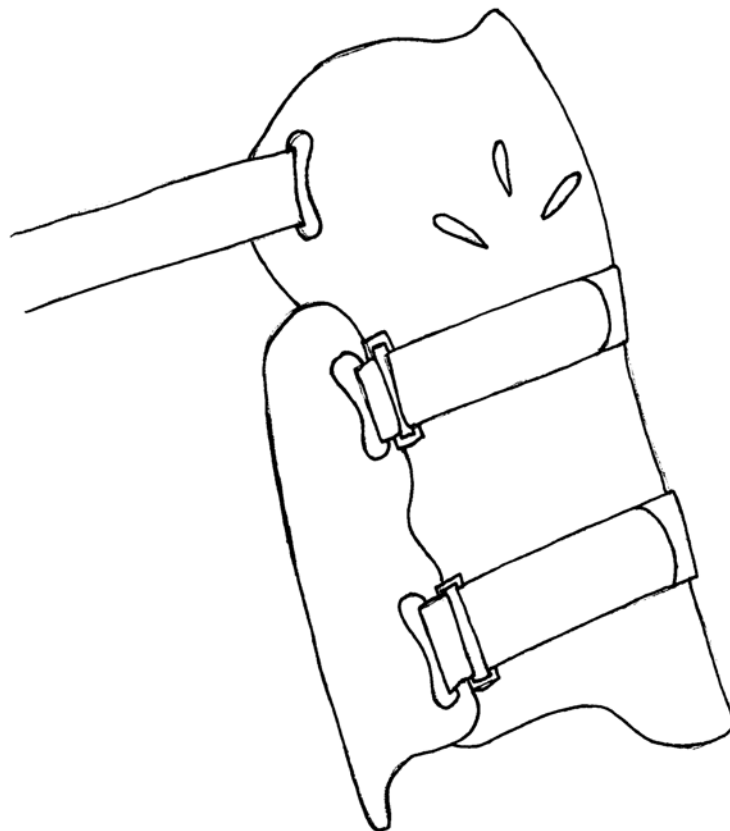
Potential Risks: With the use of any orthosis, there is a potential risk of skin breakdown.

Potential Benefits: The proper use of this Humeral Fracture Cuff Orthosis has the potential benefits of reducing pain and aiding appropriate healing.

General Health Concerns: If you have any concerns about your general health, please contact your physician for assistance; in the case of an emergency, please go to the nearest Emergency Department or call 911.

Follow-Up on Orthosis: If you have any questions or concerns about the function or fit of the orthosis, please contact Northern Orthopedics for an appointment.

Warranty: Northern Orthopedics will make any necessary adjustments or repairs to the device free of charge during the 90 day warranty period; the warranty may not apply if these are needed due to significant patient physiological changes. The warranty is void if anyone other than Northern Orthopedics alters the device and Northern Orthopedics will not be responsible for adjustments or repairs needed due to abuse, neglect, or normal wear and tear. **Devices cannot be returned.**



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