

## Instructions for Use

### RestAir Elbow

**Indications for use:** Provides prolonged low load passive stretch and treats flexion contractures of the elbow that result in lost range of motion.

### Product Features



- RestAir technology uses an air bladder at the inside of the elbow, positioned parallel to the arm to redistribute skin pressure.
- Bilateral hinged uprights work with the air bladders to continue to move the joint toward normal alignment.
- Hinges can be removed for the most severe flexion and added as the range improves.
- Flex Technology splint moves with the patient's abnormal muscle tone and spasticity.
- Soft, breathable fabric helps keep the patient's arm cool and dry.
- Superior padding provides comfort, increasing likelihood of patient compliance.
- Hand-bulb air pump (included).

### Instructions for Use:

Please read all of the instructions before use. Use as directed by your clinician. Always follow your facility protocol for skin care.

1. Open the brace to access the air bladder.
2. Open the air bladder pocket and pull out the white tip valve (circled).
3. Insert the clear end of the bulb hand pump into the white tip of the bladder. Squeeze the pump repeatedly with your hand until the air bladder has the desired amount of air.
4. After inflating the air bladder, remove the bulb by pinching the black end of the bladder with your thumb and forefinger to securely hold the white valve. With the thumb and forefinger of your other hand, twist the bulb and pull the tip out.
5. Tuck the white tip back into the pocket to prevent scratches to the patient's skin.
6. Remove the bulb hand pump and save it for future use. If the patient's elbow is too tightly flexed to accommodate the inflated bladder, use padding only and add the air bladder later.
7. Flip open the fabric flaps that cover the range of motion (ROM) hinges, one on each side of the brace.
8. Open the metal ROM hinges by rotating their covers up as shown in the picture.
9. Set the flexion/extension stops to the desired positions. Close the covers by pushing them down until they are locked. Replace the padded flaps that cover the hinges.
10. Place the RestAir Elbow over the patient's elbow with its wider half (with the label) at the upper arm, locating the center of the hinge slightly above the patient's elbow, as it will work itself down during the application.



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#### Instructions for Use: Continued

11. Wrap the top blue flap around the upper arm. Then attach the black 2” strap by smoothing it around the cuff and hooking it onto blue fabric. Repeat with the lower blue flap and black strap. Ensure the brace fits the patient properly.
12. Attach the elbow cap by feeding each blue 1” strap through a D-ring - one at the top and one at the bottom.
13. Adjust these blue straps until the elbow cap is centered on the joint and providing a comfortable stretch. Do not overstretch. Attach the blue straps back onto themselves.
14. Check all areas of patient contact by running two fingers between the brace and skin to ensure no areas are too tight. If the patient’s elbow is too tightly flexed to accommodate the hinged uprights, remove them and only use the air bladder. The hinged uprights can be added later.
15. **Cleaning Instructions:**
  - a) Deflate the air bladder by laying the brace on a flat surface, inserting the black end of the bulb hand pump into the white tip of air bladder as shown in instruction step #3, pressing on the air bladder with a flat hand to expel the air.
  - b) Slide the air bladder out of the padding.
  - c) Bend the splint in half lengthwise to flex the angle of the hinges, then slide each end out of the pocket into which they are placed.
  - d) Use hospital-approved disinfectant or household antimicrobial cleaner/ disinfectant according to the label instructions for the hinged uprights. The padding can be laundered by hand or on gentle cycle of home type washer with mild soap. Rinse. Squeeze between towels to remove excess water. Line dry. Do not use chlorinated products such as bleach.
  - e) When the padding is dry, reverse these instructions to re-assemble the splint. Make sure the hinges are replaced in the correct direction to allow the patient’s elbow to bend.



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Arm Side	Total Length	Upper Arm Circumference	Lower Arm Circumference	Product Code
Left	12”	8-15”	7-12”	20724airL
Right	12”	8-15”	7-12”	20724airR

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#### Warranty:

See [restorativemedical.com](http://restorativemedical.com) for warranty information.

#### Warnings:



- This device is for single patient use only.
- Consult a clinical professional before using this device.
- Check all skin areas each time the splint is removed. If any discoloration does not return to normal within 3-5 minutes, discontinue use and report to your health professional. Discontinue use of the splint until this situation has been resolved.

#### Recommended Wear Time:

Apply the splint initially for 30 minutes. Remove and check the skin for redness or breakdown. If skin integrity is compromised, discontinue use and contact your clinician. Otherwise, gradually increase wearing times to the duration recommended by your clinician to no more than 6 hours at a time. Restorative Medical's wear times are suggested and should be discussed with your clinician.

#### Cautions:

- Not user repairable. Consult your clinician or Restorative Medical if damaged.
- No hazardous material present. Follow local environmental codes for waste disposal.



This product is not made with di-(2-ethylhexyl)phthalate (DEHP).