

## “Mackie Hinge” Static Progressive Elbow Brace

*Patient Fitting Instructions*



1. Turn knob (A) so the angle of the brace is the same as the arm. The arm should be in the most extended position
2. Place arm on the brace, lining hinge up with skin crease at elbow. Pull the straps (B) across the front of the arm and through the buckle. Straps should be secure and snug. The hand should be in a “handshake” or “thumbs up” position.
3. Turn the knob until the brace tightens up and begins to place tension on the elbow joint. Mild discomfort or a feeling of stretch should reduce in less than 30 minutes. Do not readjust the knob to increase stretch.
4. **Optional flexion straps:** May be applied across front of arm if increase flexion range of motion is desired. Knob can be adjusted until feeling of stretch occurs.