Elbow Braces and Supports
Straps: Premium Tennis Elbow Support

- Ossur
  - Features:
    - Universal 5cm wide with loop-lock Velcro closure
    - Foam-lined for comfort
    - Available with hot/cold gel therapy
  - Contraindications
    - Any injury requiring orthopedic treatment with a plaster cast, resin cast or surgery
    - The strap must not be in direct contact with a skin lesion
  - Indications
    - Tendonitis of the elbow
    - Medial and lateral Epicondylitis
Ossur-Strap

- **Product fitting**
  - Measure the circumference below the elbow
  - Universal sizing
  - Pull the strap onto the forearm
  - Place the cushions over the painful tendons (just below the elbow)
  - Tighten using the flap to obtain firm but comfortable support

- **Instructions for care**
  - Hand wash in warm water with soap
  - Dry flat
  - Store away from sources of excessive heat
Ossur-Strap

- Reimbursement code: L3700
- Diabetics and patients with vascular insufficiencies must always consult a physician before using hot/cold therapy
- (http://www.ossur.com/?PageID=1342)
Strap: Clinic Tennis Elbow

DJO
- Features
  - Two-inch wide nylon strap with D-ring closure to allow comfortable fit and compression
- Indications
  - Medial and lateral epicondylitis
- Contraindications
  - Not meant for fractures of the elbow/forearm
  - Not to be placed on open wounds
Product Fitting
- Size: universal
- Measure the circumference of the forearm
- Slide brace up arm until its 2 inches below the elbow
- Tighten strap so brace fits comfortably and snug

Instructions for care
- Hand wash with cold water and soap
- Do not put in dryer
- Lay it out flat to dry
- Keep away from excessive heat
DJO–Strap

- Reimbursement code: L3700
- Easy to use
Bledsoe

Features
- Foam pad to relieve stress over medial/lateral epicondyles
- Semi–rigid plate to distribute pressure for even compression
- Contoured shape around the elbow

Indications
- For relief of medial/lateral epicondylitis and other forms of forearm and wrist pain

Contraindications
- Unstable fractures of the elbow
Bledsoe-Strap

- **Product fitting**
  - Measure forearm circumference
  - Slide arm into brace
  - Secure it 2 inches below elbow with the strap
  - Adjust the strap so it fits around the forearm comfortably

- **Instructions for Care**
  - Do not leave this device in a place where the temperature can exceed 150 degrees
Bledsoe–Strap

- Reimbursement code: L3701
- Easy to use and adjust
- Can be used for patellar tendonitis as well
Ossur– Airform Tennis Elbow Support

- Features
  - More support with less constriction
  - Focused pneumatic compression
  - Conforms and comfortably cushions sensitive injured anatomy
  - Easy to apply, simple design fits most for reduced inventory

- Indications
  - Tendonitis
  - Epicondylitis of the elbow

- Contraindications/Precautions
  - Patients should inspect their elbow, forearm and the brace before and after each use
  - Do not use on open wounds/skin lesions
Product Fitting

- Fits circumference 8–14”
- Sizing is universal
- Loosen contact closure strap.
- Place arm inside brace
- Apply the brace 2 inches below the elbow
- Tighten the strap until snug
- Secure the contact closure to a comfortable fit
- Adjustments may be necessary as forearm swelling patterns change

Instructions for care

- Clean with a mild detergent and cold water
- Do not wash in a washing machine or use bleach
- Lay it out flat on a towel to dry
- Do no place in dryer or wring out the brace
Ossur–Pneumatic

- Reimbursement code: L–320000
- Very comfortable
- (http://www.ossur.com/?PageID=13423)
Pneumatic Armband

DJO

- **Features**
  - Focused compression for less constriction
  - Breathable material enhances comfort and wear ability
  - Simple, effective design makes it easy to apply
  - One size fits most for reduced inventory requirements

- **Indications**
  - Epicondylitis

- **Contraindications**
  - Do not use if on skin with open wounds or lesions
Product Fitting
- Measure forearm circumference
- Universal fit (8”–14”)
- Place arm inside brace
- Adjust the brace so it is 2 inches below the elbow and the aircell pouch is on the irritated tendons
- Secure brace with strap so it fits comfortably

Instructions for care
- Remove aircell pouch before cleaning
- Hand wash with soap
- Keep away from extreme heat
DJO–Pneumatic

- Reimbursement code: L–O5A
- Comes in beige and black
- Loosen strap if it becomes too tight
- (https://www.djoglobal.com/products/aircast/pneumatic-armband)
Pneumatic Brace

- DME Direct–Aircast Tennis Elbow Pneumatic Armband Brace
  - Features
    - Reduces forearm shock and tennis elbow pain
    - Features an aircell pillow to dampen forces
    - Very effective & comfortable for all day wear.
  - Indications
    - Tennis elbow (Lateral Epicondylitis)
    - Golfer's elbow
    - Overuse tendonitis
  - Contraindications/precautions
    - do not use on open wounds or skin lesions
Product Fitting
- Fits forearm circumference of 8” – 14”
- Universal sizing
- Place the strap 2 inches below the elbow
- Tighten the strap so the brace is secure and snug and aircell pillow is over painful tendons

Instructions for care
- Foam strap material can be hand washed with cold water once the aircell pillow is removed
- Lay it out flat to dry
- Do not leave near excessive heat
DME–Pneumatic

- Reimbursement Code: L3701
- Available in beige and black
- Athletes favorite
- Can be used on the left or right side

Elbow Sleeve

- **Features**
  - Easy slip on design
  - Compression and warmth
  - Durable sleeve for long lasting wear
  - Light support to elbow area

- **Indications**
  - Swollen and painful elbow joints
  - Tennis elbow
  - Sprains and strains
  - Bursitis and tendonitis

Elbow Sleeve

- Contraindications
  - Not intended to prevent or reduce the risk of injury

- Precautions
  - If any additional symptoms occur, discontinue use and seek medical attention
  - Discontinue if rash or allergy occurs
  - Do not wear while sleeping, may interfere with blood circulation

- Measurement Considerations
  - Forearm circumference (cm)
    - Small: 9–10
    - Medium: 10–12
    - Large: 12–14
    - X-Large: 14–16

- Fitting Instructions
  - Measure circumference of forearm
  - Slip brace onto affected arm
  - Center padded center of brace over center of elbow
Elbow Sleeve

- Instructions for Care
  - Hand wash with mild detergent and let air dry
  - Do not leave in trunk of car on a hot day that may exceed 150 degrees F for an extended period of time

- Device Benefits for Select Populations
  - Comes in all different sizes to properly fit anyone
  - Does not affect everyday living

- Additional Considerations
  - Some come with straps that can be tightened
  - Can be used on left or right side
  - Athletes tend to prefer Bledsoe over Ossur

- Reimbursement Code
  - L3701
Sling

Features
- Fits all patients
- Easily adjusted
- Padded shoulder strap
- Made of lightweight nylon
- Oversized envelope to accommodate large casts and dressings

Sling

- **Indications**
  - Immobilizes and supports sprains and strains of the shoulder, elbow, or fractures of the arm

- **Contraindications**
  - Unstable fractures

- **Precautions**
  - Not intended to prevent injuries or reduce the risk of injury

- **Measurement Considerations**
  - Different depths and lengths of envelope
    - X–Small: 19cmx28cm
    - Small: 19cmx34cm
    - Medium: 19cmx39cm
    - Large: 19cmx44cm
    - X–Large: 19cmx51cm
Sling

Fitting Instructions
- Place arm in sling and adjust
- Sling can be shortened by folding the end inward and attaching the hook and loop fastener
- Position shoulder strap
- Place strap over unaffected shoulder
- Adjust strap tension
- Adjust strap using buckle fastener

Instructions for Care
- Machine wash in cold water with mild detergent
- Do not leave in hot car or trunk if temperature may exceed 150 degrees F
Sling

Additional Considerations

- Sling comes in 5 different sizes so made for anyone
- Sling can be adjusted to fit patient and be comfortable
- Reimbursement Code: L8699
Post-Op Hinge Brace

Features
- Formable aluminum plates adjust to fit any arm circumference
- Easily removed in one piece and reapplied by patient with one hand
- Light for patient comfort
- Lateral hinge and arm design prevents rubbing against body
- Easily set ROM from -10 to 110

Features (cont’d)
- Hinge provides most comprehensive range of motion solution in the industry
- Controlled flexion and extension
- Comfort pad at neck and shoulder
- Low cost
- Universal sizing
Post Op Hinge Brace

Post Op Hinge Brace

Indications
- Post-operative elbow or arm surgery
- Collateral ligament sprains
- Ulnar nerve injuries
- May be used after cast removal to stabilize fracture
- Radial fractures
- Lateral/medial epicondylitis

Contraindications
- Unstable fractures
- Fracture of proximal humerus
- Fracture of distal radius or ulna
Measurement Considerations

- **Measuring Lower Arm**
  - Measure from ulnar styloid process to medial humeral epicondyle
  - Small: 18–24cm
  - Large: 21.5–32cm

- **Measuring Upper Arm**
  - Measure from medial humeral epicondyle to axilla
  - Small: 14–20cm
  - Large: 18–29cm
Fitting Instructions

- Elbow brace is packaged in locked position
- Slide orange button away from hinge to unlock brace
- There are 4 over–center buckles on brace
- Open over–center buckles by pinching the 2 gray tabs on the buckle
- Position the hinge over the lateral epicondyle
- Make length adjustments to the forearm
- Slide the locking clip over to expose the button, depress the button and extend the arm to the desired length
Secure the locking clip by sliding it over the button to lock the button in place
Repeat the same process to adjust the humeral arm length
Slide the arm into the brace
Form the black aluminum plates around the forearm
Connect the over-center buckle located closest to the wrist
Fitting Instructions (cont’d)

- Adjust the strap tension using the hook to pile fastener at the strap end
- If necessary trim excess strap by removing the hook piece, trimming the strap, and replacing the hook piece
- Repeat this process for the remaining three straps
Post–Op Hinge Brace

Instructions for Care
- Don’t leave in car or trunk where temperature may exceed 150 degrees F for an extended period of time
- Hand wash with soap and water

Additional Considerations
- This brace provides the most comprehensive range of motion solution in the industry
- Brace can be adjusted for patient comfort

Reimbursement Code
- L3740
References

- www.ossur.com
- www.djoglobal.com
- www.bledsoebrace.com
- www.dme-direct.com