

Application

1. Measure circumference of limb for appropriate sizing.
2. Passively stretch affected limb.
3. Open straps on cuffs and knee or elbow cap. Place orthosis on the patient. Dial hinges should align with knee or elbow joint.
4. Secure loop and lock straps at cuffs.

5. Secure knee or elbow cap straps through plastic rings provided near dial hinges.
6. Check to be sure straps are not too tight. Straps are threaded through cuffs to ensure adequate contact with the limb. Straps can be repositioned around the outside of the cuffs if extra room is required.

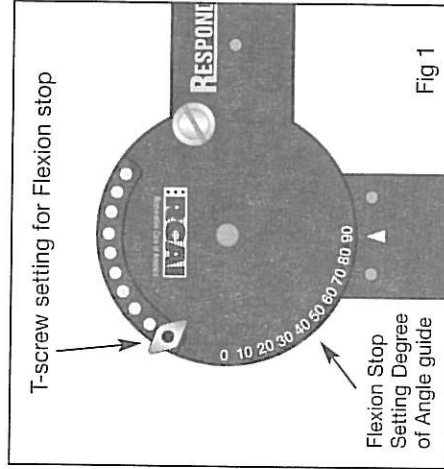


Fig 1

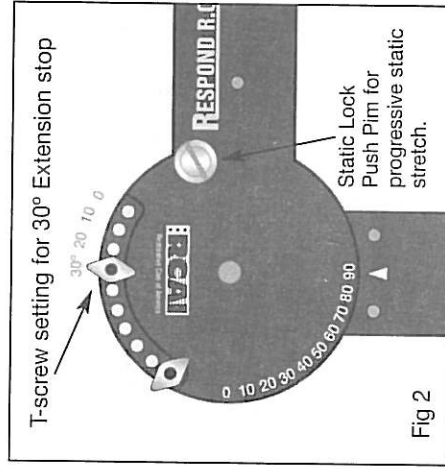


Fig 2

Range of Motion Hinge

Align desired flexion stop setting with white arrow on hinge arm. Set T screw in place. See figure 1. The illustration below shows 90° Flexion stop (Fig 1) with 30° Extension stop. (Fig 2)

Accessory Kit

ACCESSORY KITS INCLUDE:

- 1 each Liner
- 1 each Loop and Lock Cuff Straps
- 1 each Knee or Elbow Cap

TO APPLY ACCESSORY KIT:

1. Remove old liner and straps from orthosis.
2. Apply Loop and Lock Cuff Straps to cuffs, threading through slots at sides and back of cuffs. (Straps can be repositioned around the outside of cuffs if extra room is required.) See Figure #1.
3. With the product label positioned at the back of the thigh or humeral cuff, fold top layer of liner inward and through center opening of orthosis. See Figure #2.
4. Secure liner over lateral uprights and at back of cuffs with velcro provided. See Figure #3.
5. Apply Knee or Elbow Cap by threading straps through plastic rings provided near dial hinges.

WASHING INSTRUCTIONS:

Hand wash or gentle machine wash liner and straps in mild detergent and low water temperature. Tumble dry. Hand wash orthosis in mild detergent. Wipe dry.

Figure #1

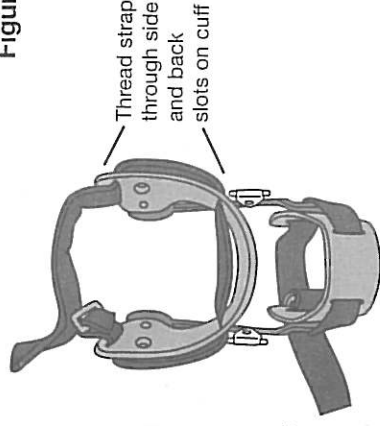


Figure #2

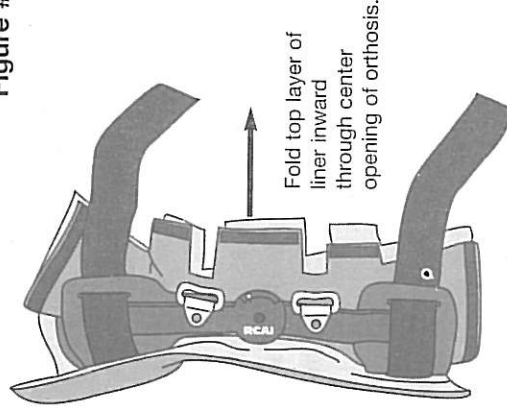
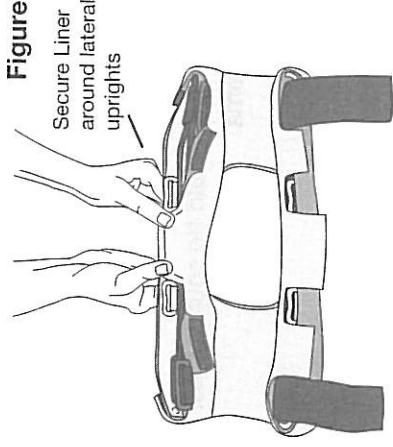


Figure #3



Care Plan

Respond R.O.M. Range of Motion Knee and Elbow Orthoses

PATIENT PROBLEM

Joint stiffness from immobilization or knee/elbow flexion contracture which will yield to passive manipulation and/or passive stretching.

EXPECTED OUTCOME

1. Reduce knee/elbow flexion contracture.
2. Maintain knee/elbow function and alignment.
3. Avert permanent deformity.

NURSING ACTIONS

1. Passive range of motion to limb Q8H or as ordered by physician or therapy order.
2. Apply orthosis as per instructions enclosed.
3. Adjust hinges as described in application instructions.
4. Check for correct placement and ensure limb has not migrated in orthosis Q2H.
5. Check cuffs Q2H to ensure no pressure points have occurred.
6. Remove orthosis Q4H or as per physician or therapy order.
7. Passively stretch joint each time before re-applying orthosis.
8. Document progress in chart.

NURSING ALERT

1. Degree of orthosis should never be changed except by physician or therapy order.
2. Wearing time may be increased according to patient's tolerance and response.
3. Straps should be snug but not too tight. Check for redness or edema.



Restorative Care of America
INCORPORATED

Respond R.O.M. Range of Motion Knee and Elbow Orthoses

The RCAI Range of Motion Knee and Elbow Orthoses provide rehabilitation for joint stiffness, contractures, instability, sprains, strains and ligament repairs. They offer adjustable positioning capabilities to allow gradual joint extension for a wide variety of patients.

The static, or serial splinting setting offers positive lock immobilization. Joint motion is controlled, providing anterior, posterior stability. Flexion and

extension stop settings allow the protected range of motion required to meet individual patient needs. The knee or elbow cap provided offer three point pressure leverage.

The R.O.M. Knee and Elbow Orthoses are available in two washable liners. The Kodel® insert liner provides patient comfort and protection. The foam liner absorbs perspiration away from the patient's skin to promote good skin integrity.

RESPOND R.O.M. Knee Orthosis

Product Length 17" (43.2cm)		Measure	
Size	Circumference	Model #	Kodel #
Ex. Small	13" - 16" (33-40.6cm)	37KCO-ES	33KCO-ES
Small	16" - 18" (40.6-45.7cm)	37KCO-S	33KCO-S
Medium	18" - 20" (45.7-50.8cm)	37KCO-M	33KCO-M
Large	20" - 24" (50.8-61cm)	37KCO-L	33KCO-L

RESPOND R.O.M. Elbow Orthosis

Measure		Kodel®		Product
Size	Mid Humerus Circ.	Model #	Model #	Length
Small	9 - 11" (22.9 - 27.9cm)	38ECO-S	34ECO-S	12" (30.5cm)
Medium	11 - 13" (27.9 - 33cm)	38ECO-M	34ECO-M	13" (33cm)
Large	13 - 15" (33 - 38.1cm)	38ECO-L	34ECO-L	13" (33cm)