

## **DynaPro® Flex Elbow**

The DynaPro® Flex Elbow is a static/dynamic device clinically indicated for providing Low Load Prolonged Stretch to the elbow. DynaPro Flex Elbow provides a negative spring force which is ideal for patients with abnormal tone and spasticity. The unique flex properties of the brace provide abnormal reflex arc therapy, diminishing the intensity and duration of episodes of tone over time. The DynaPro Elbow will flex with abnormal muscle contractions to accommodate involuntary muscle shortening during a spastic episode. The DynaPro Flex Elbow has flexible uprights with an axial goniometer hinge on both uprights. By setting the hinges approximately 15 degrees “ahead” of the resting position of the elbow, a low load prolonged stretch is applied into the shortened tissue to reverse a tissue shortening contracture with routine use. When applied, as the elbow cap is secured, the uprights will “flex” into the shortened tissue to reverse lost range of motion. The DynaPro Flex Elbow is covered with a removable laminated foam/cloth cover that can be laundered as necessary. The cover has an ultra-smooth tricot fabric which reduces sheer and friction on fragile skin.

The DynaPro Flex Elbow when used properly, can provide excellent rehabilitative therapy for reversing contractures and providing abnormal reflex arc therapy to reduce spasticity over time.

### **Therapeutic Actions**

The DynaPro Flex Elbow is a static/dynamic orthosis that can be set up to 15 degrees ahead of comfortable end range stretch to initiate a therapeutic low load prolonged stretch on a contracted elbow joint. Hinge settings should be modified approximately once every 4 to 6 weeks to accommodate range of motion improvement as necessary to continue therapeutic stretching of the contracted tissue.

### **Contraindications**

The DynaPro Flex Elbow should not be applied if any part of the device comes in contact with an open wound. DynaPro™ Flex Elbow should not be used if the limb has grade three plus edema.

### **Warnings**

The DynaPro Flex Elbow should be fit by trained personnel to ensure that the device is correctly applied and does not apply unwanted pressure to any part of the arm or leg.

All orthotic braces require a break in period. It is recommended that the device be initially worn for 1 hour. Up to one half an hour of wear a day can be added daily until the desired wearing schedule has been achieved. Wearing time should be determined by a physician or treating therapist.

The DynaPro Flex Elbow should be removed for a minimum of two hours after six hours of wear.

After the DynaPro Flex Elbow is removed, the skin should be inspected for redness or signs of unwanted pressure. All redness or skin indentations should be absent within an hour after device removal.

Never apply the DynaPro Flex Elbow if there are red areas on the wrist/hand/fingers that may indicate unwanted pressure has been applied by the device. Resume wear after the redness had disappeared. If redness persists, the device should be inspected by a licensed clinician and modified to eliminate any potential pressure points.

**The DynaPro® Flex Elbow is intended to be for Single Patient Use Only**