



Use your phone's camera to scan this QR code
and follow along with the video

Wear and Care Instructions for a Elbow Strap

Putting on the Brace

► Follow along with the video for best results

1. Open the velcro strap, with your palm facing up, slide the strap up your arm.
2. Position the strap around 1-2" below your elbow so the pads on the strap are on either side of your arm.
3. Secure the strap firmly in place. This needs to be tight. If your fingers go numb, loosen the strap.

Removing the Brace

To remove this brace, undo the velcro strap and slide your arm out of the brace. Stick the velcro back to the brace.

HELPFUL TIP - Check your skin every day. If your skin has red spots that stay red for more than 15 minutes after you take off your brace it could mean there is too much pressure in one spot. Stop wearing the brace, take a picture of the red spot, and contact our office right away.

Cleaning Instructions

Hand wash the strap with warm water and gentle soap and rinse it well. Avoid bleach or disinfectant wipes, and lay it flat to dry.

Wearing Schedule

Typically, this strap is worn while you are doing a specific activity that causes the pain. Your practitioner will instruct you on your specific schedule.