

USER INSTRUCTIONS

# ELBO-TRACK

HINGED ELBOW BRACE

WITH EXTENSION AND FLEXION LIMITATION OPTIONALLY WITH  
ADJUSTABLE HANDLE



**albrecht**<sup>®</sup>  
FUNKTIONELLE REHABILITATION

# Elbo-track

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## User Instructions

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## User Instructions

### 1. Introduction

#### 1.1. Foreword

Functional braces are used to relieve and stabilize the joints and tendons following injury and surgery. Their function is to protect joints and tendons during rehabilitation and prevent them from becoming stiff.

Our braces ensure protection and guidance during the healing process and allow gradual controlled return to full physiological mobility.

#### 1.2. Customer information

For your own safety please read through these User Instructions carefully and accurately before using the brace. The instructions, notes and procedures must be read and understood thoroughly in order to benefit from the correct operation and use of the device. If anything in the User Instructions is not clear, or any instructions, operating procedures or safety information is not fully understandable, please contact the appropriate specialist retailer or albrecht GmbH directly, before you use the brace. This particularly applies to the safety instructions.

#### 1.3. Mode of operation

The **Elbo-track** elbow brace stabilizes and relieves the joint and tendons after tendon injury during conservative and postoperative rehabilitation. The shell and strap construction allows comfortable individual fitting, helping to make the splint very comfortable to wear.

#### 1.4. Application

The brace must only be used for the orthotic treatment of the elbow.

#### 1.5. Scope of delivery

The **Elbo-track** is delivered to you ready to use in the size requested, with User Instructions and labeling on the product.

Please check the completeness of the brace at delivery.

- Brace with padding and straps
- User Instructions

#### 1.6. Declaration of conformity

The albrecht GmbH company, as the manufacturer solely responsible, declares that the **Elbo-track** conforms to the Regulation (EU) 2017/745 concerning medical devices.

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## User Instructions

### 1.7. Features

- Anatomically formed hinge rods and shells
- Individually adjustable straps
- Limits can be adjusted without tools
- Easy handling and high wearing comfort

#### Elbo-track L/L, M/M, S/S and Junior:

- Extension limit can be adjusted in 15° intervals from 0° until 135°
- Flexion limit can be adjusted in 15° intervals from 0° until 120°
- Immobilisation of the brace can be adjusted in 15° intervals between 0° and 135°
- Assembly of an adjustable handle possible for sizes L/L and M/M

#### Elbo-track Bambini:

- Extension limit can be adjusted in 10° intervals from -10° until 100°, to allow for physiological hyperextension
- Flexion limit can be adjusted in 10° intervals from -10° until 130°
- Immobilisation of the brace can be adjusted in 10° intervals between -10° and 100°

### 1.8. Indications

The physician decides on management based on diagnostic findings.

The treatment is generally indicated for:

- Mild to moderate instability of the elbow joint
- Post-traumatic and postoperative immobilization
- Guided movement of the elbow joint

For any other indications, the physician must be consulted.

### 1.9. Contraindications

The brace is intended exclusively for contact with intact skin.

### 1.10. Safety Instructions

The optimal effect of the brace is only achieved when used correctly.

- The brace must only be used in the intact, complete and mechanically undamaged condition and with complete and intact cushioning and walers. This must be verified by the user before each usage.
- Opening or removing one or more belts, as well as excessive loosening of the waler when using the brace leads to a reduction of the therapeutic effect of the brace and may lead to injury.
- The brace must not be worn over open wounds.
- The skin should be free of oils, grease, gels or other debris, to prevent reactions with the skin or the structure of the material.
- The orthosis should fit firmly but not too tight, so as not to restrict the blood circulation and adversely affect nerve and lymph vessels. Excessive compression is therefore to be avoided.
- Combination with other products is currently not provided for or is to be agreed with the manufacturer in writing.
- The brace is not intended for single use, but is intended for multiple use by a single person.
- The product as delivered is not sterile.
- Contact your physician immediately in the event of an allergic reaction.
- Please note that cushioned sections can heat up under direct sunlight. Protect the orthosis from direct sunlight if necessary.

- Currently there is no test for flammability. Exercise caution when using the orthosis in the direct vicinity of open flames such as lighters and cigarettes.

### 1.11. Warranty

We assume the warranty for the brace for a period of 3 months. The brace is a medical rehabilitation device and must not be used for any purpose other than the intended, as described in the Instructions for Use. Changes to the brace or other applications require the written consent of the albrecht GmbH. If this is not obtained, the manufacturer may not honor the guarantee. If you are using single joints or other components, these should be used as intended. If changes or modifications (e.g. additional mounting holes) are made to the individual parts or components, the manufacturer's warranty no longer applies. The removal of or damage to the QM seal will also void the warranty.

## 2. Adjustments by the orthopaedic technician

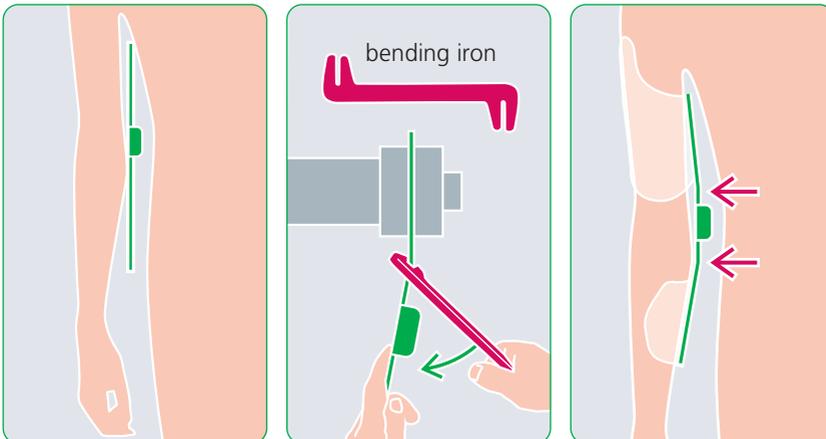
### 2.1. Fitting on the patient

- Our braces are adjustable and constructed for fitting to the patient.
- The position of the movable components of the brace can be changed and they can be shaped.
- The hinge rods can be adjusted by bending them to the contour of the extremity.
- The strap lengths can be adjusted to different circumferences and shortened if necessary.

#### 2.1.1. Adjusting the brace to the arm shape by using an orthopaedic "bending iron"

The brace is anatomically contoured. However, if a different shape is required, the hinge rods can be adjusted to the shape of the patient's arm with the aid of an orthopaedic bending iron.

Loosen the screws on the shell components and either move or remove them. Then adjust the hinge rods to the shape of the extremity.



When adjusting the hinge rods to the shape of the extremity by using an orthopaedic bending iron, you must not bend the rods in the area of the hinge housing or the hinge cover as this could lead to damage or break of the hinge.

# Elbo-track

## User Instructions

### 2.1.2. Adjusting the brace components

The brace components are adjustable.

- 1 Loosen the screws on the brace components using the tool provided.
- 2 Move the components into the desired position.
- 3 Tighten the screws again.

The brace components can be adjusted by shaping to the contour.



## User Instructions

### 2.1.3. Assembling and adjusting the adjustable handle

- 1 By loosening the two fixing screws you can remove the forearm shell from the hinge rod.

**Note: two longer screws are enclosed with the handle.**

- 2 Now place the mounting rod of the handle between the hinge rod and forearm shell.
- 3 After aligning the components, insert the longer fixing screws provided into the threaded holes in the hinge rod. To adjust the length of the handle to the length of the arm, lift the pad off the screws to allow the screws to be loosened by one turn. After adjusting the handle, tighten the screws again.
- 4 You can adjust the angle of the handle infinitely from 70° pronation to 70° supination by loosening the knurled screw and fixing it in the desired position.



# Elbo-track

## User Instructions

### 2.2. Hinge adjustments

#### 2.2.1. Opening the hinge cover

- 1 Hinge with closed cover.
- 2 Open the hinge cover by pushing it off the hinge with your fingers.
- 3 Hinge with the stop pins in neutral position.  
In this position there is maximum extension and flexion of the brace.



## User Instructions

### 2.2.2. Setting extension, e.g. to 30°

- 4 To set extension, pivot the brace into flexion.
- 5 Withdraw the stop pin for extension from the 0 position and insert it in the desired hole for extension, 30° in this case. **The brace is now set to 30° extension. Maximum flexion is still possible.**



### 2.2.3. Setting flexion, e.g. to 60°

- 6 To set flexion, pivot the brace in extension, against the already positioned stop pin for extension.
- 7 Withdraw the stop pin for flexion from the ∞ position.
- 8 Insert the pin into the desired hole for flexion, 60° in this case. **The brace is now set to 60° flexion and 30° extension.**



# Elbo-track

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## User Instructions

### 2.2.4. Immobilizing the brace, e.g. at 30°

- 9 To immobilize the brace, in this case at 30°, insert the stop pin for extension in the 30° hole for extension. Then pivot the brace in extension against the stop pin for extension. Then insert the stop pin for flexion in the 30° hole for flexion. **The brace is now immobilized at 30°.**



### 2.2.5. Securing the stop pins

- 10 After all adjustments, close the hinge cover and press it against the hinge until you hear it click into place. The stop pins are now secured against sliding out accidentally.



## User Instructions

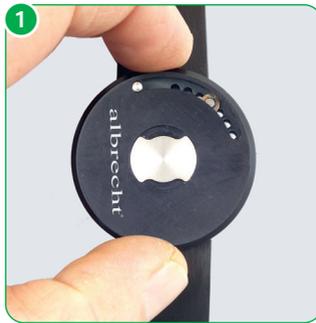
### 2.3. Setting the hinge for Elbo-track Bambini

Extension and flexion can be limited in 10° steps by appropriate positioning of the stop pins.

In order to set the Extension/ Flexion limitation and the immobilisation the following steps must be executed.

#### 2.3.1. Remove the hinge cover

- 1 Rotate the hinge cover 90°.
- 2 Remove the cover from the hinge.



# Elbo-track

## User Instructions

### 2.3.2. Setting the extension limitation

- 1 In order to set the extension limitation, bring the brace into flexion.
- 2 Place the stop into the desired position.



### 2.3.3. Setting the flexion limitation

- 1 In order to set the flexion limitation, bring the brace into extension.
- 2 Place the stop into the desired position.



## User Instructions

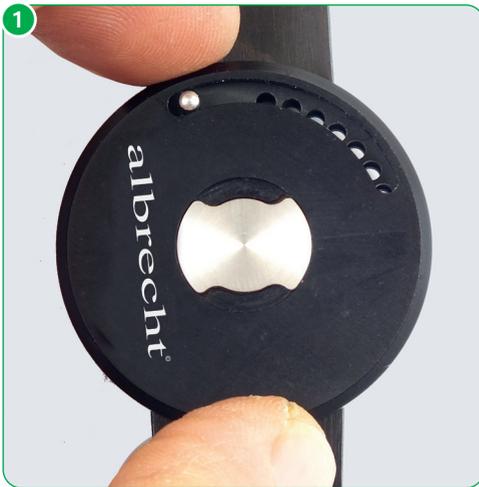
### 2.3.4. Immobilisation

In order to immobilize the brace, first set the the extension limitation.

Move the hinge rod against the extension limitation and position the flexion stop adjacent to the hinge rod.

### 2.3.5. Reattach the hinge cover

- 1 Make sure that both stops are placed in the holes.
- 2 Reattach the cover and rotate it 90° until the locking position. The hinge cover must always be closed after any adjustment in order to secure the stops.



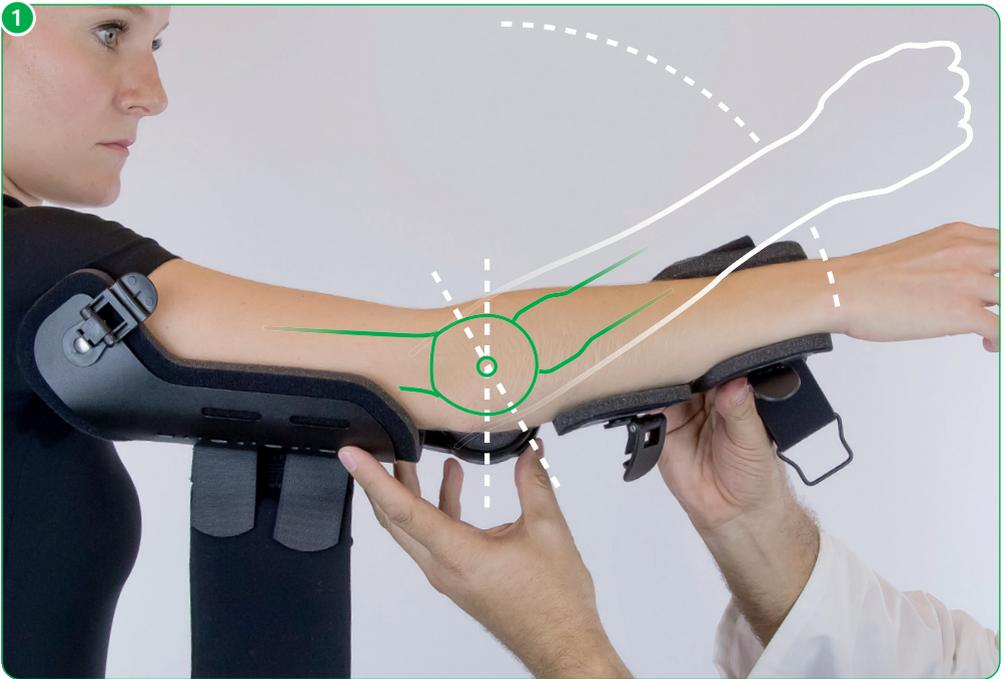
# Elbo-track

## User Instructions

### 2.4. Attaching of the brace by the orthopaedic technician

#### 2.4.1. Placing the brace on the arm

- 1 Place the brace on the patient's arm from below. Ensure that the pivot point of the brace hinge coincides with the physiological elbow pivot point.



It is possible to adjust the arm rods to the patient's arm contour by bending them.

## User Instructions

### 2.4.2. Setting the strap lengths and adjusting them as necessary

Adjust the straps to the desired length and shorten them if necessary.

- 1 First close the narrow upper arm strap to hold it.
- 2 Close the forearm strap nearer to the joint.
- 3 Close the forearm strap further from the joint.
- 4 Close the wide upper arm strap.



### 2.4.3. Final adjustment

After closing the individual straps, check the strap lengths and check that the brace is in the right position, correcting this if necessary. Ensure that the straps are not too tight so as not to interfere with the circulation.

# Elbo-track

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## User Instructions

### 3. Handling by the patient

#### 3.1. Taking off the brace

**1-4** Open the strap fasteners

To remove the brace, simply open the clips and do not unthread the straps.

**5** Remove the brace downwards

Take off the brace.



## User Instructions

### 3.2. Putting on the brace

Close the clips in the stated order.

- 1 Place the brace on your arm from below.
- 2-5 Close the clips in the stated order.





Hand wash at 30°C



Do not bleach



Do not iron



Do not dry-clean



Do not tumble dry

## 4. Cleaning, maintenance and disinfection

The orthosis is designed to be maintenance-free. To ensure proper operation over the period of treatment the orthosis should be cleaned regularly (at least every 3 months) or as required, according to the following instructions.

### 4.1. Care

- The product as delivered is not sterile and is not suitable for sterilization.
- Do not use harsh or abrasive cleaners.
- All fabrics can be washed by hand at 30°C using water and a mild detergent and/or disinfectant.
- Not machine washable.
- The Elbo-track can be dried in the open air.
- In the case of more severe soiling, a replacement set of textile parts is available.
- Wipe down surfaces with a cloth soaked with disinfectant.
- Wet completely, and do not wipe off.
- Spray inaccessible surfaces.
- When spraying ensure complete wetting.
- A mild alcohol-based disinfectant is recommended.

Ask your physician or pharmacist when selecting a disinfectant, and follow the instructions given by the disinfectant manufacturer. The Robert Koch list of approved disinfectants can be found at [www.rki.de](http://www.rki.de).

## User Instructions

### 5. Technical data / materials

Designation	Material
Weight	560g
Pad material	PU foam with PA Velcro
Strap material	PA strap with PA Velcro
Brace material	aluminium

### 6. Table of sizes and article numbers

Designation	Length upper arm shell	Length fore-arm shell	Circumference upper arm shell	Circumference fore-arm shell	Art. no. left	Art. no. right
Elbo-track L/L	17 - 21 cm	20 - 24 cm	28 - 39 cm	22 - 30 cm	850LL-L	850LL-R
Elbo-track L/L with handle	17 - 21 cm	20 - 24 cm	28 - 39 cm	22 - 30 cm	8501LL-L	8501LL-R
Elbo-track M/M	17 - 20,5 cm	19,5 - 22 cm	20 - 30 cm	18 - 24 cm	850MM-L	850MM-R
Elbo-track M/M with handle	17 - 20,5 cm	19,5 - 22 cm	20 - 30 cm	18 - 24 cm	8501MM-L	8501MM-R
Elbo-track S/S	17 - 20 cm	17,5 - 20,5 cm	15 - 21 cm	14 - 19 cm	850SS-L	850SS-R
Elbo-track Junior Green	17 - 20 cm	17,5 - 20,5 cm	15 - 21 cm	14 - 19 cm	850SS-GL	850SS-GR
Elbo-track Junior Blue	17 - 20 cm	17,5 - 20,5 cm	15 - 21 cm	14 - 19 cm	850SS-BL	850SS-BR
Elbo-track Junior Orange	17 - 20 cm	17,5 - 20,5 cm	15 - 21 cm	14 - 19 cm	850SS-OL	850SS-OR
Elbo-track Junior Pink	17 - 20 cm	17,5 - 20,5 cm	15 - 21 cm	14 - 19 cm	850SS-PL	850SS-PR
Elbo-track Bambini Green	14 - 17 cm	14 - 17,5 cm	12 - 17 cm	12 - 14 cm	850XSXS-GL	850XSXS-GR
Elbo-track Bambini Blue	14 - 17 cm	14 - 17,5 cm	12 - 17 cm	12 - 14 cm	850XSXS-BL	850XSXS-BR
Elbo-track Bambini Orange	14 - 17 cm	14 - 17,5 cm	12 - 17 cm	12 - 14 cm	850XSXS-OL	850XSXS-OR
Elbo-track Bambini Pink	14 - 17 cm	14 - 17,5 cm	12 - 17 cm	12 - 14 cm	850XSXS-PL	850XSXS-PR
Designation	Art. no. left	Art. no. right				
Adjustable handle	993A-HL	993A-HR				

# Elbo-track

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## User Instructions

### 7. Transfer of the brace

The brace is not intended for single use, but rather is intended for multiple use by a single person. We do not recommend transfer to other users. Should this be desired however, please ensure to pass on the care and cleaning instructions and have the brace checked by an authorized specialist dealer for safe and proper operation.

### 8. Disposal

The brace contains recyclable materials without toxic or other harmful substances or other environmentally hazardous substances. Provided it is not contaminated with infectious germs, the brace can be deposited in the normal waste disposal. To be sure, consult your specialist orthopaedics dealer.

## User Instructions

### Duty to report

Due to regional legal regulations, you are required to immediately report any serious incident involving the use of this medical device to the manufacturer and the responsible authorities. Please find our contact details on the back of this brochure.

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Medical device



Manufacturer



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