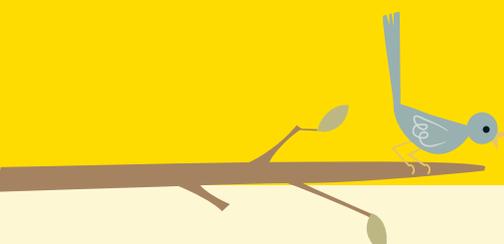


Upper limb orthosis

This brochure is intended for children and their family.



Costs and responsibilities

The upper limb orthosis is covered by the Régie de l'assurance maladie du Québec (RAMQ) and guaranteed for two months following its delivery. The Technical Aids Program handles any adjustment or repair during this period. Should the client decide to deal with another technical aids program during this period, fees may apply or the laboratory may refuse to perform the work.

In cases of negligence (including loss, theft and deformation caused by heat) when using the upper limb orthosis, the client is responsible for replacement fees.

Type of orthoses prescribed by doctor:

Worn : Day Night Nap
 Right side Left side

Alternatively: _____

Recommended wear duration: _____

Date orthosis delivered on: _____

Orthotist: _____

Occupational Therapist: _____

Personal notes

For more information, contact the Technical Aids Program Secretary at:

514-374-1710, extension 8022

Brochure revised by:

The Technical Aids Program's team of orthotic and prosthetic technicians and Manon Germain, Occupational Therapist





With the children and their family

Purpose of wearing an upper limb orthosis:

- Prevent or stop the process leading to contracture or deformation.
- Increase ranges of motion.
- Support the wrist and hand in order to improve function and independence.
- Relieve or reduce pain.
- Normalize muscle tone.
- Maintain the gains achieved following an intervention (e.g. surgery, Botox® injections, casts).
- Other: _____

Progressive orthosis wearing

New orthoses are worn progressively to allow the child to adapt to them. Start with short periods (about 30 minutes), taking the occupational therapist's recommendations and child's tolerance into consideration. When removing the orthosis, carefully inspect the skin to make sure there are no signs of redness or injury. If the skin is intact, increase wear time by 30 minutes until you reach the total recommended duration.

Putting on the orthosis

- ❶ Make sure the orthosis to match the appropriate to the arm or hand;
- ❷ Extend the limb and carefully position it within the orthosis;
- ❸ Make sure each of the fasteners lines up;
- ❹ Fasten using proper tension to ensure the orthosis stays in place.

Most common issues

- Profuse perspiration. In this case, a cotton tubing could be placed under the orthosis. Make sure to carefully stretch the tubing before putting the orthosis on, making sure there are no folds in the fabric.
- There may be redness when removing the orthosis, but it should go away within 20 minutes.

Caution



If, after 20 minutes, there is still swelling, redness or any skin reaction, immediately stop wearing the orthosis. Consult the Occupational Therapist or call the Technical Aids Program for an appointment.

Hygiene and maintenance

- Clean the orthosis regularly, using a damp cloth (cold water) and mild antibacterial soap.
- Regularly remove the lint that accumulates on the Velcro® "hook" in order to maintain the Velcro® straps' grip.

Avoid

- Do not soak the orthosis in hot water.
- Do not leave the orthosis close to a heat source (e.g. window ledge, heater, in the dryer or in the car).
- Avoid leaving the orthosis within reach of animals.
- Because orthoses are fragile, they should be stored in a place where there is no risk of damage.

Renewals and adjustments

Consult the Occupational Therapist or medical specialist for orthosis renewal. Consult the Occupational Therapist or call the Technical Aids Program to make an appointment with an Orthotist if the orthosis is:

- Broken or hurting the child;
- Too small;
- Too short.

A consultation is also needed when there are changes to the upper limb.

NEVER TRY TO FIX THE ORTHOSIS YOURSELF!