

CARE AND CLEANING

- ▶ Exos Braces are waterproof. However, considering the need for continuous compression of the HFB, it is recommended that the Brace not get wet unless the patient is allowed to remove it for cleaning and drying. Failure to wash and dry Exos Braces can result in odor and skin issues. If the Brace is worn for bathing or swimming, after immersion the Brace must be loosened and thoroughly rinsed of any salt water, lake water, chlorinated water, soap and shampoo. While the Brace is loose, use a hairdryer set on high volume and on warm or cool setting to thoroughly dry under the Brace and the interior of the Brace (see PROPER CARE instructions).
- ▶ If heated to over 130°F (55°C), the Brace may begin to soften and lose its desired shape. If this occurs, it can be reheated and reformed as often as necessary.
- ▶ Do not expose brace to moisturizers, chemicals, or solvents, as they may affect durability.



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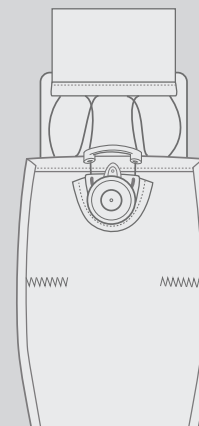
no. 10023 Rev C

PRECAUTIONS

- ▶ To be fitted by a certified caregiver or health professional who is familiar with the intended purpose. The caregiver is responsible for providing wearing instructions to the patient and any others involved in the patient's care.
- ▶ The Brace should be appropriately sized to the patient for height and cut to length before forming to assure proper support, comfort and function.
- ▶ After heating, the caregiver should ensure that the Brace is not too hot for application to the patient's skin by testing before such contact is made.
- ▶ Do not heat Exos products to greater than 212°F (100°C).
- ▶ Do not use if patient has known hypersensitivity to foams, adhesives, or plastic products.
- ▶ Seek evaluation and discontinue use if unusual swelling, increasing discomfort, or discoloration appears.
- ▶ Seek evaluation and discontinue use if the device causes increased pain or numbness in the hand or thumb.
- ▶ Device should be replaced if cracks or breaks occur.
- ▶ If using adhesive wound closure systems, ensure that the bonding material has dried COMPLETELY before applying the Brace over the affected area. Failure to do so may result in injury to the underlying skin.
- ▶ If the patient is instructed not to loosen the Brace, they should be advised not to get the Brace wet.

INDICATIONS AND FEATURES

- ▶ Used to stabilize fractures to the mid-shaft and diaphyseal portion of the humerus. The HFB may be appropriate for some injuries to the more proximal humerus.
- ▶ Features Boa Technology® adjustable closure system to provide minute adjustments in circumferential compression. It can be tightened or loosened instantly as indicated.
- ▶ May be used with a sling or shoulder immobilizer at physician discretion.
- ▶ Exos braces are radiolucent and do not need to be removed for X-ray imaging.
- ▶ Does not contain latex.



HFB

INSTRUCTIONS INSIDE

HUMERAL FRACTURE BRACE

antimicrobial treated*

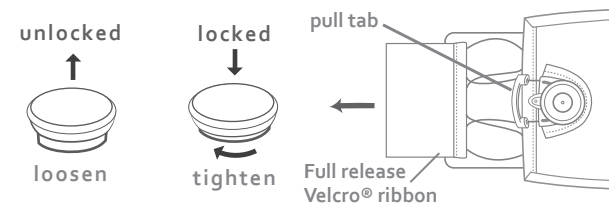
AEM 5700 Antimicrobial EPA #: Reg. #64881-1

*Antimicrobial treatment inhibits growth of odor causing bacteria and is intended to protect the Brace and does not extend protection to the skin.



OPERATING BOA® LACING SYSTEM

To loosen, lift Boa® knob to unlocked position and use pull tab to simultaneously release cables to their full extent. Pulling only one cable may result in reel malfunction. To tighten, push knob down until it clicks and turn clockwise. Use pull tab to evenly remove slack from cable while tightening. To micro-adjust tension, lift knob to unlock cable and retighten as desired. Knob must be in the down locked position when wearing Brace. The HFB is also equipped with a fully releasable Velcro® type ribbon to allow for easy removal of the Brace.



MEASURING

It is essential to follow the recommended measurement steps and to cut the HFB to the appropriate size before fitting. Improperly sized Braces may be uncomfortable and provide less than optimal support to the injured extremity.

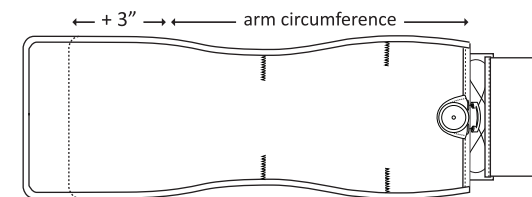
- 1 Measure the patient's arm BEFORE fitting or cutting the HFB. Measure the distance (H) from the patient's axilla (armpit) to the antecubital fossae, (crease of elbow) with the elbow flexed to 90°, internally rotated across the abdomen, and adducted to the side. This should be similar to the eventual position of treatment.

- 2 Use the (H) measurement to select the appropriate size using the size chart below.

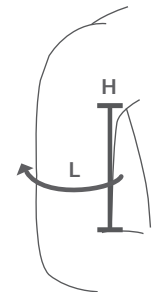
SML - 4 ¼" (H) x 16" (L)
 MED - 5" (H) x 18" (L)
 LGE - 6" (H) x 19" (L)

Measure the circumference of the upper arm at the mid-distance between the axilla and the antecubital fossae. Add 3 inches to this value (circumference + 3") to arrive at the desired length (L) of the HFB.

Note
 The total circumference of the arm + 3" must not exceed the total original length of the Brace.



- 3 Cut the end of the Brace off to the proper length (circumference + 3"). For easier cutting, the Brace may be heated before cutting and reheated when ready to apply to the patient. Apply provided adhesive edge tape to the cut edge. Take care not to touch adhesive to itself as it is permanent. When applying, remove adhesive backing ½" to 1" at a time and gradually apply tape to desired area.

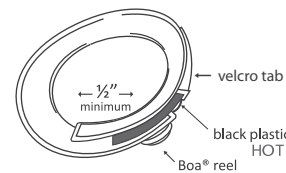


FITTING AND FORMING

- 4 To heat, open the Brace fully and place in Exos Oven (other ovens not recommended). Pre-heating oven is not required. Follow heating and operation instructions posted on the Exos Oven. The Brace will be properly heated in about 4 minutes. Avoid heating Brace for more than 15 minutes. Proper heating temperature is 200°F (93°C).

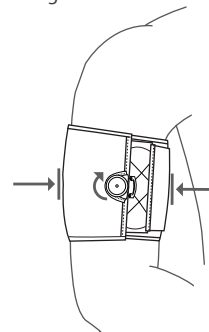
Brace may be closed into a cylinder before heating and then wrapped around arm and secured by Velcro® strip as desired.

CAUTION
 BLACK PLASTIC SHEET GETS HOT AND CAN CAUSE INJURY IF APPLIED TO THE SKIN.



Align plastic sheet as shown in diagram so the plastic is covered at least ½" by inner foam layer and is not exposed to the arm. If needed, shorten the plastic by cutting.

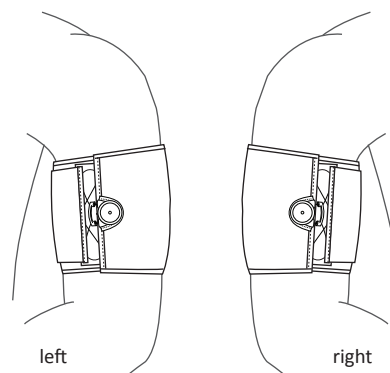
- 5 Slowly tighten Boa® reel while checking alignment of Brace on arm and alignment of overlap. Shape as desired with the hands as it cools. Some pinching may result where the layers overlap as the Brace is tightened. This can be minimized by lifting slightly on the outer layer and rotating Brace gently on the arm. Boa® reel can be tightened as much as desired for proper molding and compression when Brace is warm and can be adjusted as desired when cool.



- 6 To remove Brace, loosen cable and slide off the arm (recommended) or open Velcro® closure.

Note
 Brace may be reheated and remolded as needed. Exos Braces are radiolucent and can be left on for X-ray imaging.

BRACE FITS EITHER LEFT OR RIGHT ARM BY FLIPPING. ALIGN SO BOA® REEL ATTACHES ON THE LATERAL SIDE OF THE INJURED ARM (HUMERUS).



**DO NOT HEAT BRACE ON THE BODY!
 DO NOT OVERHEAT!**

PROPER CARE

If patient bathes or swims with the Brace on, it should be partially loosened and rinsed sufficiently to allow soap, cleaners, chlorine, salt water or bacteria to be washed away. The skin and inside of Brace must then be dried.

It is imperative that the inside surface of the Brace and the skin be completely dry and void of moisture.

- 1 Loosen the Boa® closure until there is ample space between the Brace and skin for air flow. Using warm water, rinse the Brace thoroughly.
- 2 Using a hair dryer set on high volume and warm setting, blow air through both ends of the Brace and through air holes until the skin and inside of Brace is completely dry.
- 3 Retighten the closure until Brace is comfortably supportive.

Note
 If the patient is instructed not to loosen the Brace, they should be advised not to get it wet.

