

# E-Z Arm Abduction Orthosis

Item # 109300

## Fitting Instructions

**As supplied, the orthosis must be altered to an upright position**

- 1) Remove the assembly from the box and use the hex key provided to loosen the two set-screws (A) shown in Figure 1. Rotate the arm section away from the trunk section.
- 2) Increase the abduction angle of the arm section by turning the "worm" screw (B) clockwise. (See Figure 2) This will give you room to make the remainder of adjustments.

**Note: The orthosis is pre-assembled for the right arm. If this is the correct arm, skip to step 4.**

- 3) To set the orthosis for the left arm:

- Remove the screw and washer (items # 9 and 12 on the Component Page) from the elbow joint. Rotate the forearm 180 degrees and replace the screw and washer in a hole visible through the slot.
- Reverse the straps by releasing the Pull-the-Dot snaps. The snaps may be released by lifting on the side of the snap with the small "dot" on the cap. (See Figure 3) This step will take very little force if done properly. Remove each strap and reassemble them by placing the buckles anterior.
- Reverse the waist belt, forearm pad, and humeral pad so that they fasten anterior.

- 4) The trunk section is adjusted by loosening the three screws in the lower trunk bar (item #8 on the Component Page). Retighten the screws after adjusting so that:

- Waistband sits on the flare of the hip between the iliac crest and the greater trochanter.
- Abduction joint bar fits high in the axilla.

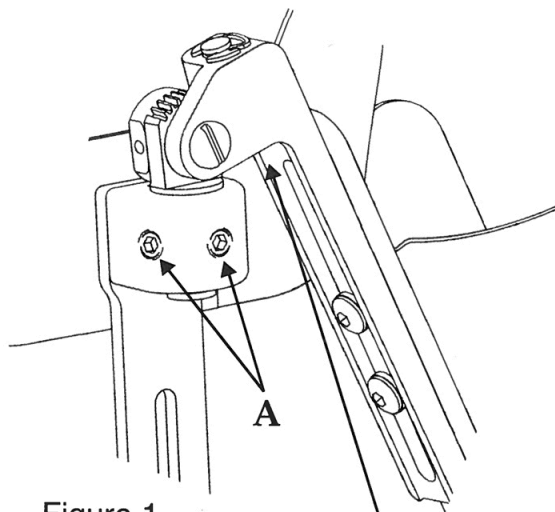


Figure 1.

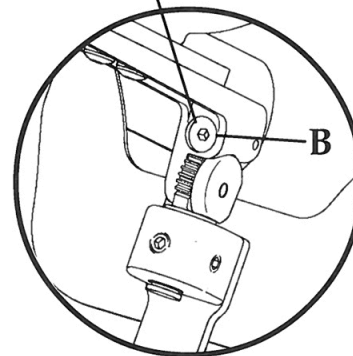


Figure 2.

Pivot Housing and Abduction Joint

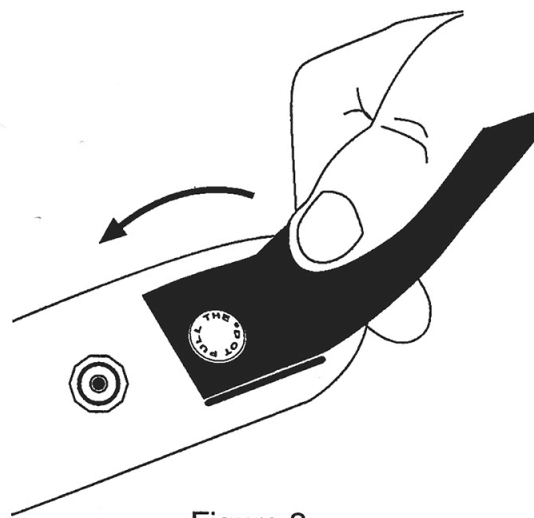


Figure 3.  
Pull-the-Dot™ Snaps



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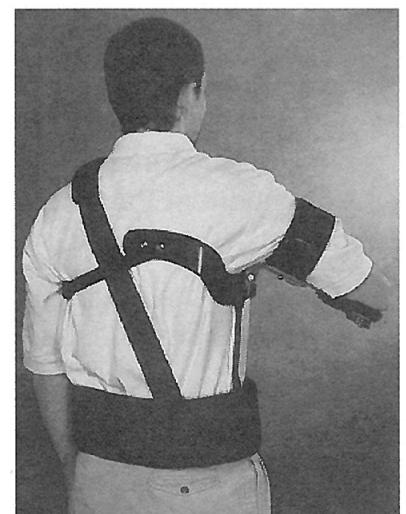
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- 5) Contour each of the bands so that they evenly distribute pressure.
- 6) Position the arm section in the desired position of horizontal rotation. Tighten both set screws (A) in the pivot housing securely. (See Figure 1)
- 7) Set the abduction angle by turning the “worm” screw in the abduction joint bar. (See Figure 1) This worm-gear mechanism is “self-locking”—there are no screws to tighten after adjusting it.
- 8) Set the elbow joint at the desired angle. Tighten the screw to lock position. Alternatively, the elbow joint can be set for limited motion or free motion.
- 9) Slightly loosen the two screws (item #10 on Component Page) below the humeral cuff and slide the elbow joint assembly and the humeral cuff to the desired positions. Tighten screws securely. If additional adjustment is needed in this area, the Extension Bar Kit may be used. (Sold separately—109396)
- 10) Adjust the forearm cuff (item #5 on the Component Page) position by loosening the two screws below the cuff and sliding the cuff into position. Tighten these screws securely.
- 11) Fit orthosis to patient. Reassess for proper fit and contour. If additional adjustment is needed, do not remove any screws! Simply loosen the screw(s) slightly, make the adjustment, then retighten the screw(s). If you need to adjust the abduction angle at this point, gently lift at the elbow while making the adjustment—this makes it quite easy to turn the “worm” screw. If needed, use padded wrist strap (item # 109376) to secure patient’s wrist or palm to orthosis.
- 12) After adjustments have been made, retighten all screws.

Note: **Limited motion** is achieved by leaving screw(s) loose; **free motion** is achieved by leaving screws out.



Note: This orthosis is intended for single patient use.



*Model 109300 E-Z Arm Abduction Orthosis*

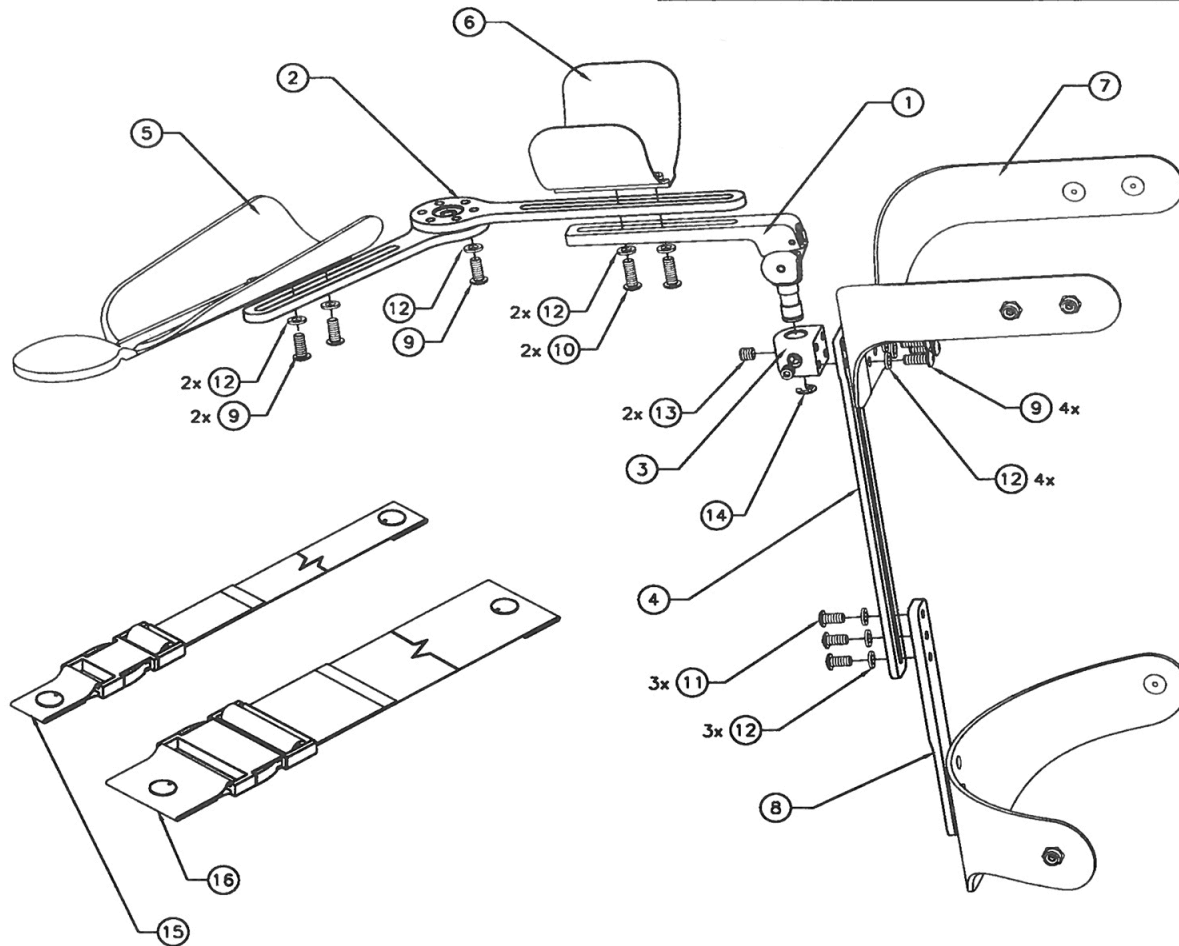
Caution: If you need to replace any screw, be sure to use one of proper length.

# Components for E-Z Arm Abduction Orthosis

## Item # 109300

	Item #	Description	Qty
1	109360	E-Z Abduction Joint Assembly	1
2	109321	Elbow Joint Assembly	1
3	109354	Pivot Housing	1
4	109350	Upper Trunk Bar	1
5	109390	Forearm Cuff Assembly	1
6	109391	Humeral Cuff Assembly	1
7	109392	Thoracic Band Assembly	1
8	109393	Waist Band/Lower Trunk Assembly	1
9	880447	Screw, 1/4-28x5/8 BHSC	7
10	880449	Screw, 1/4-28x3/4 BHSC	2

	Item #	Description	Qty
11	880445	Screw, 1/4-28x1/2 BHSC	3
12	885510	Washer, .255x.468x.063	12
13	880217	Screw, 5/16-24x5/16 SHSS Knurl	2
14	885404	E-Type Retaining Ring F/1/2" Diameter	1
15	109368	1" Strap w/ Snap and Buckle	1
16	109369	2" Strap w/ Snap and Buckle	1
Items Not Shown			
	109370	Padding Kit (includes part nos. 109371-10939)	1
	109371	Forearm Pad (EZ)	1
	109372	Humeral Cuff Pad (EZ)	1
	109373	Thoracic Band Pad (EZ)	1
	109374	Waist Band Pad (EZ)	1
	109375	Waist Belt (EZ)	1
	109376	Padded Wrist Strap	1
	109377	Elbow Pad (EZ)	1
	109378	1" Strap Pad (EZ)	1
	109379	2" Strap Pad (EZ)	1
	885856	Hex Key, 5/32 Ball Nose	1



# Extension Bar Kit for E-Z Arm Abduction Orthosis

Item # 109396

## Specifications and Assembly Instructions

The purpose of the Extension Bar is to provide additional adjustment range to the length of the humeral portion of the orthosis, and/or provide for fitting the humeral cuff in a higher position.

- 1) Remove the humeral cuff from the orthosis.

*See the figure below while performing the following steps.*

- 2) Place extension bar between the humeral cuff and the abduction joint bar and use all three screws (1/4-28x3/4" button head) with washers to fasten. Note: One extra screw (1/4-28x3/4" button head) was provided in the extension bar kit.

- 3) Place the humeral bar between the clamp and the extension bar and use all three screws (10-32x5/8" socket head) with washers to fasten.
- 4) With all six screws slightly loose, position the humeral bar and the humeral cuff in the desired positions.
- 5) Tighten the screws securely.

Note: Extension Bar Kit includes all shaded parts below.

