INSTRUCTIONS FOR USE

ForeArm is indicated for: Tennis Elbow / Epicondylitis / Tendinitis
Please read instructions for use in its entirety prior to use!

Preparing the brace for right or left arm application:

1. Remove the ForeArm® brace from its packaging.

2. Orient the brace with the inner elbow cut-out facing up with the plastic strap adjusters on the right side of the arm, as shown in Figure 1 below.

3. While maintaining the orientation of the ForeArm® brace, locate the Forearm Implant. It is the 2-inch white tube found inside one of the slots on the side opposite the inner elbow cut-out as in Figure 2 below.

4. Move the Forearm Implant to the correct slot inside the ForeArm® brace as shown in Figure 2 above.

Applying the brace:

1. Using your free hand, hold the ForeArm® brace with the inner elbow cut-out facing up (toward you) and the plastic strap adjusters facing right.

2. With the arm you are applying the brace to facing palm up, use the opposite hand to pull ForeArm® over your hand and forearm until the inner elbow cut-out is centered over the inside of your elbow, as shown in Figure 3 below.

3. Adjust the Velcro® leverage straps so that the ForeArm® brace is tight on your arm, but not constricting. You may also need to adjust the bicep adjustment strap as well.

4. Wear the ForeArm® brace while performing various tasks that cause your arm pain.

CAUTION

- Do not sleep with the ForeArm® brace applied.
- Do not over tighten leverage straps.
- Remove the brace immediately if you:
  - Experience loss of feeling in your hands or fingers.
  - Feel any other form of discomfort in your arm, hand or fingers.

NOTE: If strong resistance is not met once the cut-out is centered over the inside of your elbow, loosen the Velcro® leverage straps and/or the bicep adjustment strap and re-attach until the brace fits comfortably.