

ForeArmed®

Active Implant Device

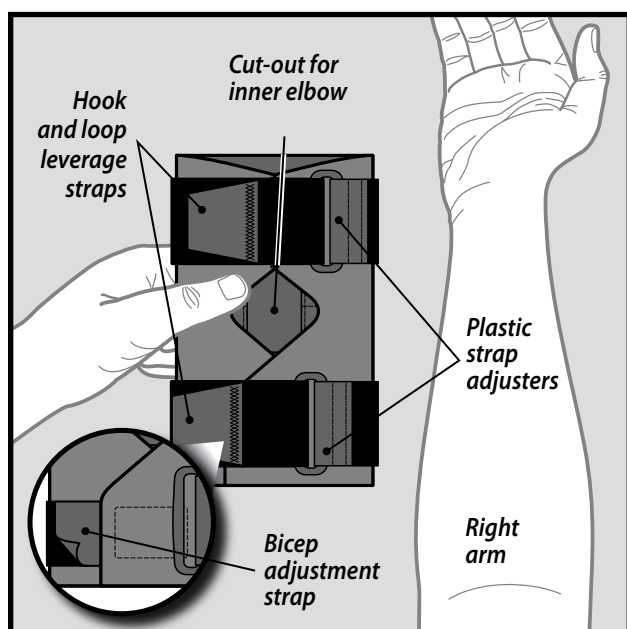
INSTRUCTIONS FOR USE

ForeArmed 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:

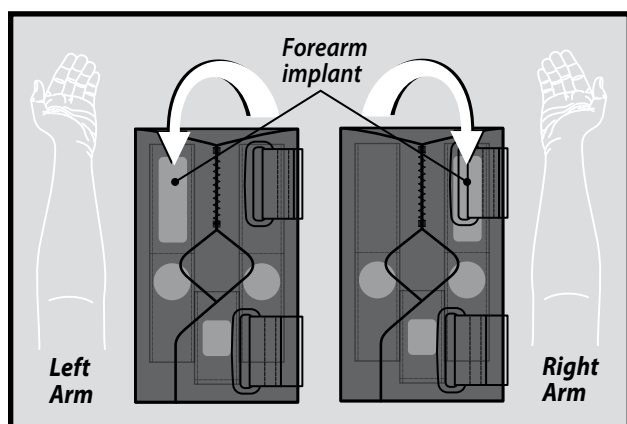
1. Remove the ForeArmed® brace from its packaging.
2. Orient the brace with the inner elbow cut-out facing up with the plastic strap adjusters on the right side of the arm, as shown in Figure 1 below.

Figure 1
Orientation



3. While maintaining the orientation of the ForeArmed® 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.

Figure 2
Forearm Implant Placement



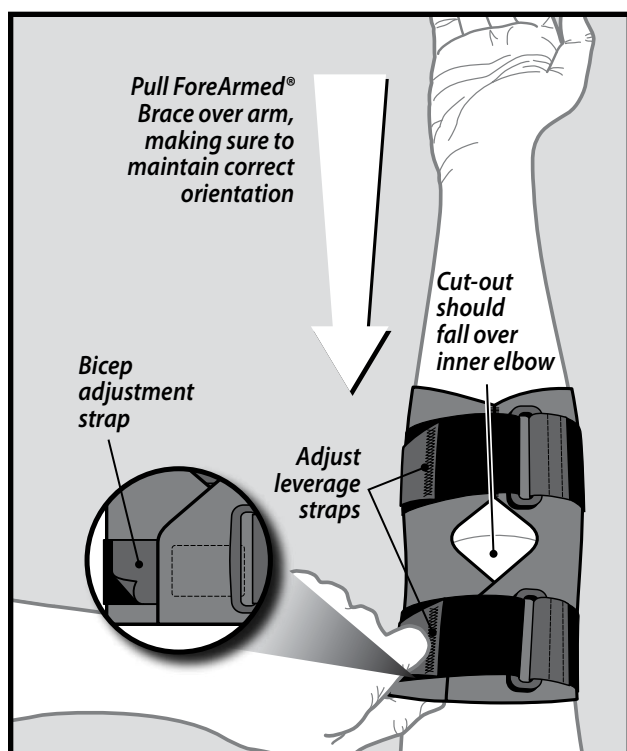
IMPORTANT: Make sure to place the Forearm Implant in the correct slot in order to achieve the maximum benefit from the active bracing system of the ForeArmed® device. With the inner elbow cut-out facing up and the plastic strap adjusters facing right, install the implant in the right slot **for right arm use**, or the left slot **for left arm use**.

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

Applying the brace:

1. Using your free hand, hold the ForeArmed® 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 ForeArmed® 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.

Figure 3
Applying the Brace



NOTE: If strong resistance is 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.

3. Adjust the Velcro® leverage straps so that the ForeArmed® brace is tight on your arm, but not constricting. You may also need to adjust the bicep adjustment strap as well.
4. Wear the ForeArmed® brace while performing various tasks that cause your arm pain.

CAUTION

- Do not sleep with the ForeArmed® 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.