

## Elbow Orthosis

An elbow orthosis is a custom-molded or prefabricated plastic shell that provides support and corrections to the elbow. Your orthosis may have joints that can be changed in order to increase or decrease motion of your elbow following surgery or during rehabilitation.



### How to Apply

1. Put on cotton stockinette or sock, pulling tight so there are no wrinkles.
2. Place your arm in the brace with elbow joints positioned to match the angle of your elbow bend.
3. Line up the skin crease or elbow fold with your elbow joints.
4. Attach straps so they are snug and secure.
5. If your elbow orthosis has joints, put them into the position recommended by your provider.

### Wearing Schedule

You should wear your orthosis as directed by your provider. Elbow orthoses may be worn only at night, only during the day, or full-time. Your provider may want you to stretch your elbow during the day when the orthosis is off.

[Make An Appointment](#) [651-290-8707](tel:651-290-8707)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](tel:651-229-3890).