# UPPER AND LOWER LIMB BRACES

## FOR RELIABLE SUPPORT AND NATURAL MOBILITY

#### MOVE SAFELY AND WITH CONFIDENCE

These braces and splints are designed to help with a wide range of conditions affecting lower limbs (foot, ankle, leg, and thigh) and upper limbs (shoulder, elbow, wrist, hand). Depending on your condition and treatment plan, your brace will be either rigid or flexible, and may have one or more joints.

Your brace has been designed specially for you to help you get back to optimal mobility.

#### **OUR COMMITMENT TO QUALITY**



Médicus guarantees the comfort and performance of your brace for as long as you use it. However, keep in mind that it may become less effective over time.

Your brace takes care of you, so be sure to take care of it



Wash your brace regularly by hand in warm water with a neutral detergent. Do not leave it to soak.



Pat your brace with a towel to help it dry and leave it to air dry the rest of the way.



Keep your brace away from direct heat sources.



Do not use alcohols, ointments, or liquid solvents while wearing or cleaning it.



Never oil the joint.
If the joint isn't working
properly, it needs to be repaired
by your orthotist.



Keep the skin under your brace clean. Remove the brace every day so you can wash the skin underneath.

## TARGETED TREATMENT FOR BETTER MOBILITY AND PERFORMANCE

To get the best results with your treatment plan and extend the life of your brace, carefully follow the instructions you were given when you got it.

It's important to check the straps and cushioning regularly and make sure the brace still fits your body.

If you experience any of the following, make an appointment with your orthotist:

- Pain, pressure points, or discomfort when wearing your brace
- · Damaged straps or cushioning
- Changes in lifestyle: diet, physical exercise, activities, etc.



### **Important**

According to your doctor's prescription, you need to wear your brace every day for at least six months. If you don't follow these instructions, RAMQ reserves the right to make you pay for the brace. RAMQ usually covers the cost of replacing it, except in the event of theft, loss, fire, or negligence. In such cases, any replacement will be at your expense.

If you experience discomfort or continuous pressure points, see your orthotist.