![ACTIVARMOR - SUPPORT · ACTIVE · LIFESTYLE]

How To Put It On

Locked-On Cast	Removable Splint

STEP 1

Place thumb half of cast on.

Place other half on, and hold together to test fit and make any adjustments* needed before securing to arm. (*See back.)

STEP 1

Pinch toggle and move to leave a small loop at the end of each bungee as shown.

Slide arm into splint.

STEP 2

Once the fit is comfortable, feed the end of the cable tie through the hole in the slot side, so that the zip tie head will fit into the slot under the hook.

STEP 2

Place finger in bungee loop, pinch toggle and slide toward the cast tightly as shown.

STEP 3

Bend the cable tie and feed it back through the second hole.

Feed the end through the head of the cable tie.

STEP 3

Wrap loop across slot and secure onto hook.

Press toggle back against cast.

See video at:
https://youtu.be/VxelS1Ke34M

STEP 4

Pull end of cable tie with a rocking motion to tighten. (You may use pliers if needed.) The cable tie head should recede into the slot under the hook. Ensure there is no movement between the cast halves.

Clip off the excess tail of the cable tie.

STEP 5

To remove the cast, clip the cable ties off with nail clippers.

Additional 4" cable ties may be purchased at any local hardware store.

ActivArmor devices can be converted from locked-on casts to removable splints!

Find out how here:
https://youtu.be/anwDus8n8eI

ADJUSTMENTS

START

Hold ActivArmor onto arm in functional position.

Make slight movements to notice any loose areas, tight areas, or bumping on bony protrusions like knuckles or wrist bone.

(ActivArmor should be setting at the surface of your skin, not pressed into it.)

Spacing Removable Splint

If a removable splint is too tight, cut small rectangular pieces of the thicker Plastazote and affix along the seam between the 2 halves to give extra room.

Devices may be spaced in specific locations of the seam , and not others to customize the fit.
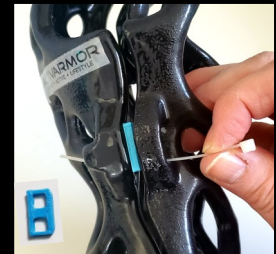
Gap at Forearm Step 1

If you have a gap at the forearm that allows movement, measure the gap. If it is <0.5", cut the thin strip of Plastazote long-ways down the center .

Spacing Locked-On Cast

If your locked-on cast is tight in one spot, add space at the closest closure in the seam with the provided spacers. Align the spacer with the holes and feed the cable ties through the cast and spacer as shown. Spacers may be stacked to add more space.

(See back for cable tie instructions.)

Gap at Forearm Step 2

Trim the Plastazote strips to the correct length to fit each clamshell half. Remove the adhesive backing and stick the Plastazote to the in side frame perimeter as shown.

For gaps greater than 0.5", use the thicker Plastazote.

Make sure to keep your cast dry underneath.

Blow down inside with a hair drier if needed.

If you are in a humid climate, cotton sleeves are available on our website for non-waterproof use underneath.

Gap at Hand or Bumping

If you have gapping in the palm or back of hand, cut the appropriate thickness and shape of Plastazote and affix to the inside upper frame as shown.

If the cast bumps against a bony protrusion, cut the thin Plastazote and apply to affected area to pad.
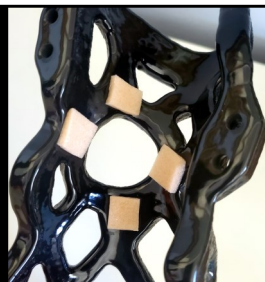
(Spacers can be used to provide space for additional padding as needed—see right.)

Devices will need fitting/adjustments before use and throughout healing phases.

Acute injuries like bone fractures and sprains often swell, and you may experience water retention and muscle atrophy.

If your ActivArmor needs adjustments, don't worry! They are easy to make and we are here to help.

Watch our fitting video here:
https://youtu.be/0DWxLPflqF8

For Support, Call us at 1- 800-583-6690

ActivArmor is a DME supplier only, and does not provide medical care, recommendations or treatment. As per product labeling, your doctor must check and approve the device, its use, positioning and fit, before using ActivArmor products as medical treatment.

Wrist movement

If you have movement in the wrist, cut the thicker Plastazote into 4 small squares and affix to the interior of the cast around the wrist bone exposure as shown.

This will tighten comfortably to secure the wrist.