

Ottobock 50A7=XXL-1

Ottobock Epi Sensa Elbow Support User Manual

Model: 50A7=XXL-1

1. INTRODUCTION

This user manual provides essential information for the proper use, care, and maintenance of your Ottobock Epi Sensa Elbow Support. Please read this manual thoroughly before using the product to ensure safe and effective application. The Ottobock Epi Sensa elbow support is designed to improve circulation, enhance elbow joint functionality, and alleviate pain. Its 3D flat-knitted fabric conforms to the body's natural shape, providing specific compression zones. Integrated gel pads offer a gentle massage to affected areas, while antibacterial fibers inhibit odor formation.

2. SAFETY INFORMATION

Always consult a healthcare professional before using this product, especially if you have pre-existing medical conditions or injuries. Discontinue use and consult a doctor if you experience increased pain, numbness, tingling, or any adverse reactions.

- Do not overtighten the support, as this may restrict circulation.
- Ensure the support is clean and dry before application.
- Keep out of reach of children.
- Do not use on open wounds or broken skin.

3. PRODUCT OVERVIEW

The Ottobock Epi Sensa Elbow Support is a high-quality medical device designed for comfortable and effective elbow support. Key features include:

- **3D Flat-Knitted Fabric:** Molds to natural body shape and creates specific compression zones.
- **Integrated Gel Pads:** Provide gentle massage for affected areas, offering effective micro-massage. These pads are soft, elastic, and permanently stable.
- **Antibacterial Fibers:** Inhibits the growth of bacteria and noticeably reduces odor formation, ensuring hygiene and comfort.
- **Unisex Design:** Suitable for both right and left elbows.

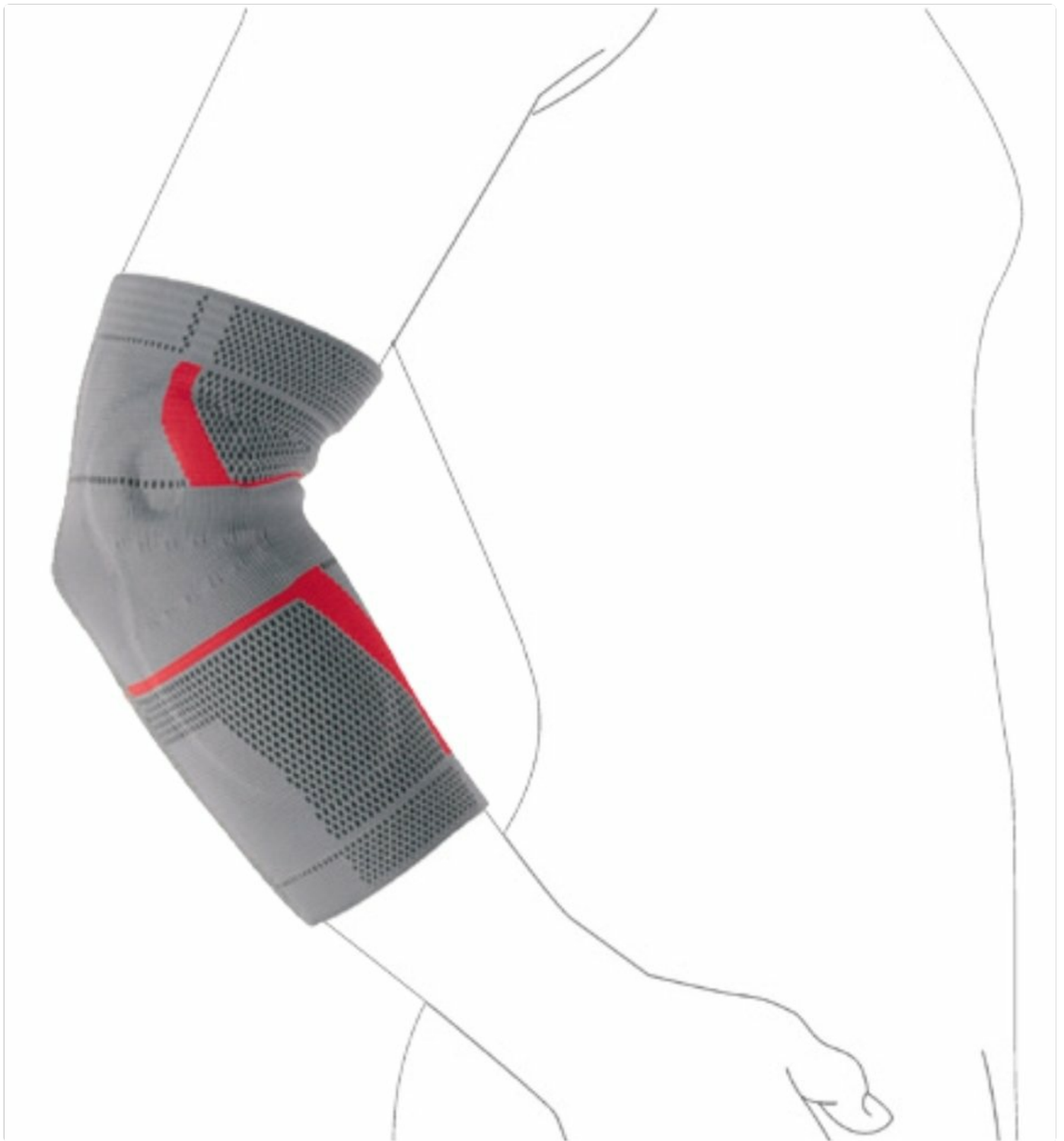


Figure 3.1: The Ottobock Epi Sensa Elbow Support shown on an arm, highlighting its ergonomic design and fit.

4. SETUP AND APPLICATION

To ensure proper fit and effectiveness, follow these steps for applying your Epi Sensa Elbow Support:

1. **Measure Forearm Circumference:** Before selecting your size, measure the circumference of your forearm approximately 12 cm below the elbow joint. Refer to the sizing chart below for accurate measurement guidance.

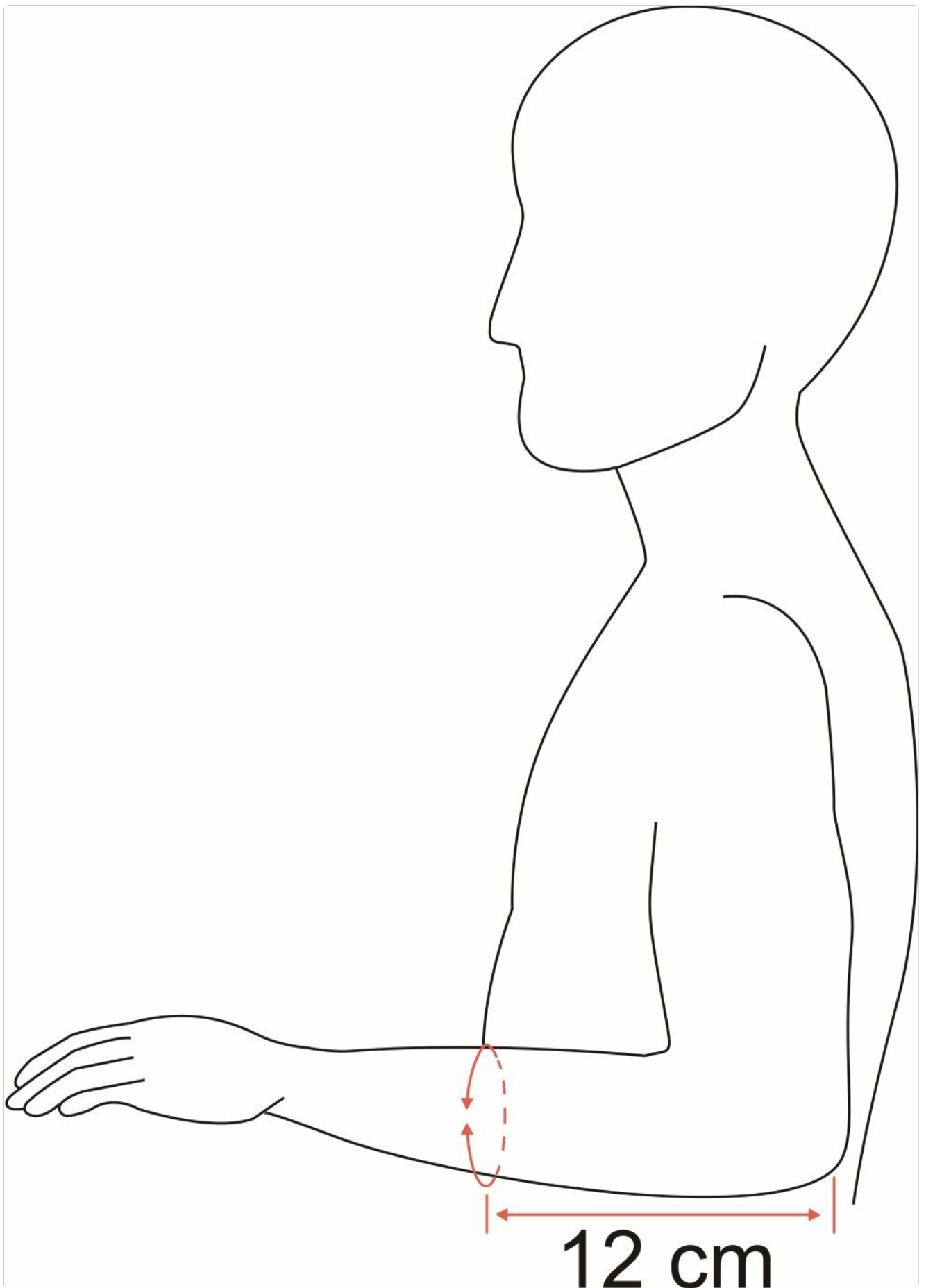


Figure 4.1: Illustration demonstrating the correct point for measuring forearm circumference, 12 cm below the elbow.

2. **Select Correct Size:** Use the following sizing chart to determine the appropriate size based on your forearm measurement.

Table 4.1: Epi Sensa Elbow Support Sizing Chart

Epi Sensa - Elbow Support	Forearm circumference measure	
	CM	Inches
50A7=XS-1	17-19	6.7 - 7.5
50A7=S-1	19-21	7.5 - 8.3
50A7=M-1	21-23	8.3 - 9.1
50A7=L-1	23-25.5	9.1-10
50A7=XL-1	25.5-28	10-11.0
50A7=XXL-1	28-31	11-12.2

Figure 4.2: Detailed sizing chart for the Epi Sensa Elbow Support, showing forearm circumference measurements in centimeters and inches for various model sizes.

3. **Slide On:** Gently slide the elbow support onto your arm, positioning the gel pads around the affected area of your elbow. Ensure the support is snug but comfortable, allowing for full range of motion without constriction.
4. **Adjust Position:** Adjust the support as needed to ensure the compression zones and gel pads are correctly aligned for optimal therapeutic effect.

5. OPERATING PRINCIPLES

The Epi Sensa Elbow Support operates on principles of compression and targeted massage to aid in recovery and pain relief:

- **Compression:** The 3D flat-knitted fabric applies graduated compression, which helps to improve circulation and reduce swelling in the elbow region. This compression also provides stability to the joint.
- **Gel Pad Massage:** The integrated gel pads provide a continuous micro-massage effect during movement. This gentle massage stimulates blood flow, helps to break down adhesions, and can reduce pain and discomfort in the affected tendons and muscles.
- **Proprioception:** The support enhances proprioception (the body's awareness of its position in space), which can lead to improved coordination and reduced risk of re-injury.

Wear the support during activities that may aggravate your condition or as recommended by your healthcare professional. It can be worn for extended periods, but always listen to your body and remove it if discomfort arises.

6. MAINTENANCE AND CARE

Proper care will extend the life of your Ottobock Epi Sensa Elbow Support and maintain its hygienic properties.

- **Washing:** The support is machine washable. Use a gentle cycle with cold water and a mild detergent.
- **Drying:** Do not tumble dry. Air dry flat away from direct heat or sunlight to preserve the elasticity and integrity of the fabric and gel pads.
- **Bleaching/Ironing:** Do not bleach or iron the support.
- **Storage:** Store in a clean, dry place away from extreme temperatures.

7. TROUBLESHOOTING

If you encounter any issues while using your Epi Sensa Elbow Support, consider the following:

- **Discomfort or Increased Pain:**
 - Ensure the support is not too tight. It should be snug but not constricting.
 - Verify that the gel pads are correctly positioned over the affected area.
 - If discomfort persists, discontinue use and consult a healthcare professional.
- **Support Slipping:**
 - Check if you have selected the correct size using the sizing chart. A size too large may slip.
 - Ensure your skin is dry before application.
- **Odor Development:**
 - Although the support has antibacterial properties, regular washing is recommended, especially after prolonged use or sweating.

For issues not covered here, please contact Ottobock customer support.

8. SPECIFICATIONS

Attribute	Detail
Brand	Ottobock
Model Number	50A7=XXL-1
Size	XX Large (other sizes available)
Age Range	Adult
Colour	Multi (Grey with Red accents)
Material	Polymer (fabric with gel pads)
Number of Items	1
Product Care Instructions	Machine Wash
Closure Type	Elastic
Manufacturer	Otto Bock HealthCare
Item Weight	220 g
Package Dimensions	26.2 x 12 x 3 cm
Date First Available	17 September 2015

9. WARRANTY AND SUPPORT

For information regarding product warranty, returns, or technical support, please refer to the official Ottobock website or contact their customer service directly. Keep your purchase receipt as proof of purchase.

Manufacturer: Otto Bock HealthCare

For further assistance, please visit the [Ottobock official website](#) or contact their customer support channels.



