



Outrigger clavicle fracture brace.

Brief instructions, practitioner edition.

Updated 12/8/2024

These brief instructions are for the practitioner that is fitting the clavicle fracture brace.

More info and a video demonstration for both practitioner, and patient at outriggerbrace.com/instructions.



1. There is an arrow on the back of the thoracic block part; this should point up. The block is wedge shaped, narrower edge should be upper.
2. Measure from thoracic processes to acromion on uninjured side. The width of the brace is adjustable with a telescopic action; set outer dimension, same both sides. Check symmetry and using a M2.5 hex key, torque the bolts to fix in place.
3. Fit the brace over the top of everyday clothes. Can be combined with an arm sling.
4. For donning and doffing, the straps come on and off hooks at the top of the outrigger parts. There are two grey-coloured retention plugs at the top of the outrigger parts.
 - a. On the fracture side, push the plug in to lock the strap in a permanent loop.
 - b. On the uninjured side, remove the plug so the strap can come on and off the hook.
5. Start with the straps not too tight; loops not too small. Tighten later.
6. Slide the permanent loop up the arm on the fractured side.
7. Move the outrigger bar behind the shoulder.
8. Position the central block over the thoracic spine, upper level.
9. On the good side, loop the strap under the armpit, round the front, and then attach to the hook at the top of the outrigger bar.
10. Adjust straps for a fit that aids retraction and supports some of the weight of the arm.
11. Move the velcro, +/- fold the strap, to manage excess length.
12. Trim the strap shorter with scissors if necessary, but before cutting the strap, read about the requirements for self-fitting below.
 - a. The patient can usually fit this device independently after a few days of settling and practice. The procedure is demonstrated in the video link. It is usually necessary to have one or both straps loose at the time of fitting, the brace will be difficult to manipulate with just one hand if the straps are too tight.
 - b. When trimming the straps, leave enough that the strap can start loose, and then be tightened after fitting.
 - c. In winter time, leave enough length that straps can fit over a large coat or jumpers.
13. Single patient use only. Clean with a damp cloth if required. No autoclave. Straps are removable to wash in cold or warm water if required.



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The outrigger clavicle fracture brace is designed and made in Australia by:

3D Physio AU

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Prospect

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outriggerbrace.com/contact, or info@outriggerbrace.com

The device is registered with the Therapeutic Goods Association (TGA). ARTG# 450326

Package contents:

- Main brace assembly with straps and Velcro attached.
- 2.5mm hex key.

Single patient use only. Supplied clean, not sterile.

Clean with a damp cloth if required. No autoclave.

Straps are removable to wash in cold or warm water if required.

Keep away from children: large plastic bag and straps on the brace may be an entrapment hazard.