

PATIENT INSTRUCTIONS

Multi<sup>®</sup>  
Motion



Rehabilitation concept  
for contractures

## Introduction

You have received a MultiMotion corrective orthosis. The purpose of this orthosis is to improve the mobility in a joint where the mobility has become limited. The orthosis will place a low load prolonged stretch on the ligaments and muscles of a dynamically contracted joint. This orthosis may also be used to prevent contractures. To gain optimal results it is recommended the orthosis be worn at least 7 - 8 hours per day without interruption. In some circumstances the orthosis wear time may be divided into a maximum of 2 or 3 segments. The orthosis may be worn for long periods of time (several months) during the day and at night.

## How to don and doff the orthosis

Before you put the orthosis on, flex it to approximately the same angle as the extremity it will be used (image 1). Then lock the joint by pushing the locking pin to the side (image 2). Put the orthosis on. Ensure the orthosis joint is positioned parallel with the joint for treatment. Tighten the straps (image 3). Unlock the orthosis again by moving the locking pin in the opposite direction (image 4). The orthosis is now activated and you should have full range of motion (image 5). When removing the orthosis lock the joint again (image 2).

## Adjustment of tension

Inside the joint is a spring. The force of the spring is set individually by the orthotist together with the physical therapist. To gain the optimal treatment follow the three phases below. We recommend that the treating therapist use the treatment protocol as a guide for follow up.

### 1. Acceptance Phase

The goal is to become familiar with the orthosis and find a suitable force level. You should be able to use the orthosis at least 7- 8 hours per day without pain or discomfort. Initially the orthosis should have a minimal tension setting. It is recommended that initially you should use the orthosis for a shorter number of hours for the first few days and then gradually increase the tension to reach 7 - 8 hours per day. The maximum tension should be reached gradually. Start with the lowest tension and increase till a spasm is triggered. When reaching this level the tension should be reduced slightly to interrupt the spasm.

### 2. The Rehabilitation Phase

During this phase the range of motion at the joint should gradually improve. Only if there is no improvement should the tension be increased. The time of use should still be 7-8 hours per day. To reach the recommended wear time can take as long as 3 - 4 weeks between the increased tension. This phase should be repeated until the rehabilitation goals have been reached. Take care that during each increased tension no spasm occurs. (I thought you took it to spasm every time you need to increase tension then take the tension off slightly to interrupt spasm). The physical therapist should measure the active and passive range of motion/joint angle - with a goniometer frequently. If the joint angle does not improve tension should be increased. If the joint angle keeps improving there is no need to change the tension.

### 3. Follow Up Phase

When this phase has been reached, goals should be maintained. To maintain the new range of motion the orthosis should still be used on a regular basis after the Rehabilitation phase for at least one month. It is recommended that the orthosis is also used during the night for a 1 - 2 weeks or use for 1 - 2 hours during the day.

## NOTE!

- This product must be fitted by, or under supervision of a certified orthotist.
- Special precautions should always be taken if vision impairment, cognitive disabilities and/or limited sensitivity is present in upper or lower extremities.
- Adjustments, modifications and change of the product that are not described in the Professional Instructions are the fitters responsibility.
- The tension must never be changed by anyone other than the orthotist or physical therapist. If you have questions about the treatment, or if any problems occur you should contact your orthotist or physical therapist.



## Hygiene and care

Ensure that the orthosis does not cause any chaffing or red marks on your skin. If the orthosis does cause marks on your skin, that do not disappear within 20 minutes of taking the orthosis off please contact the fitter of your orthosis.

Use a cotton liner under the orthosis. This should be replaced and washed daily. The brace can be wiped clean with a damp cloth that has been immersed in soapy warm water. Do not immerse the orthosis in water. Always keep the joint free from dust. The joint should be lubricated at all times. We recommend that the joint is inspected every 6 months or as often as the orthotist decides. Contact your orthotist if maintenance is needed.

Your contact person: \_\_\_\_\_

Phone: \_\_\_\_\_



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