

## **Instructions for Myoelectric Below-Elbow System**

### **Remember To:**

1. Charge the system nightly while you are sleeping.
2. Clean the socket daily using only rubbing alcohol.
3. Clean the glove daily with Otto Bock Cleaner, mild soap and water, or rubbing alcohol.
4. Be careful when using materials that will stain the glove, especially newsprint.
5. Keep the on-off switch in the “off” position except when wearing the prosthesis. In other words, keep the switch “off” until the prosthesis is donned and turn it “off” before removal.
6. Relax the controlling muscles of the residual limb after grasping an object. The hand will maintain the grip without further muscle action. Continued muscle activity will tire the muscles and rapidly drain the batteries.
7. Open the hand only as wide as necessary for grasping an object. Excess opening wastes battery energy and causes loss of time in grasping.
8. Use the electric hand as much as possible. Enjoy it!

### **Please DO NOT:**

1. **Do not** immerse the below-elbow prosthetic system in water. The glove may be washed, but excess water may cause problems. Please remove the device before swimming.
2. **Do not** use the hand as a hammer or other heavy-duty tool.
3. **Do not** wear a stump sock; a sock will insulate the skin from the electrodes.
4. **Do not** use powder for assistance in donning; this may produce poor electrode contact.
5. **Do not** try to repair the arm yourself.

If you have any questions regarding the care or fit of your prosthesis, please contact your prosthetist.