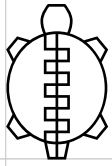


**TURTLE  
BRACE**

**INSTRUCTION  
OF USE FOR HEATING  
— HOT WATER**



# **TURTLE BRACE**

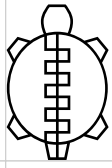
## **Hydrocollator and splint water bath - instruction of use**

### **Equipment details and summary:**

- A working hydrocollator or splint water bath.
  - Working temperature over 67°C.
- Dry towels.
- A pair of tongs.

### **PLEASE READ CAREFULLY BEFORE USING THE PRODUCT**

1. Regular physical checks of the hydrocollator or splint water bath are required to ensure it is in good working condition. Failure to do so may cause fire, electrocution and irrevocable damages to the equipment and potentially cause fatal injuries.
2. We recommend repairing or replacing the hydrocollator or splint water bath, the second you sees signs of damages.
3. Make sure the hydrocollator or splint water bath is suitable with your local electrical current.
4. Heat gun are prohibited as a heat source.
5. It is recommended to mould directly to the skin to have the proper cooling time. Moulding over an accessory such as socks will slow the cooling process.
6. Use a pair of tongs to remove the brace from the water. Failure to do so may cause burns and cause potential injuries.
7. The clinician needs to make sure that the temperature of the brace will not burn and cause potential injuries to the patient.



# TURTLE BRACE

## Step #1 - Heating preparation

To make the orthosis soft and pliable, you will need to heat the product to a temperature between 67°C and 100°C (152°F and 212°F) using a hydrocollator (Picture #1) or splint water bath (Picture #2).



Picture #1



Picture #2

## Step #2 - Heating the brace

Place the desired sized brace into the hydrocollator or splint water bath. Make sure that any part of the brace doesn't touch the heating elements.

## Step #3 - Heating time

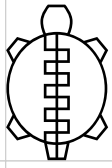
Heating the brace should take 5 to 10 minutes depending on the size of the brace and the environmental conditions. Regular checks should take place during the heating process to check on the brace prior to moulding.

The following are the guidance in terms of heating times:

Wrist: 5 minutes.

Ankles: 8 minutes.

Reinforce Ankles: 10 minutes.



# TURTLE BRACE

## Step #4 - Getting ready for moulding

The brace is ready to be moulded when the feeling of the product becomes doughy.

- Remove the brace from the hydrocollator or splint water bath using a pair of tongs.
- Remove the excess water with a dry towel (Picture #3).
- Allow to cool for at least 20 seconds before applying to the patient.

Make sure and verify that the temperature of the brace is not uncomfortable or likely to burn the person.



■ Picture #3

If a client complains of heat, burning or pain, immediately remove the brace and wait a few more seconds to allow the brace to cool down. If the orthosis has hardened too much, repeat step #2.