



ALBO[®]
healthcare



Aparent[®] AKTIV USER MANUAL



ENGLISH

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1.0 Important safety instructions

Please ensure to receive instruction from a specialist in using this product before you first use it in order to ensure safe use of the **Aparent® AKTIV** arm positioning aid and to achieve the best possible therapeutic result. Always observe the following safety instructions and read through the whole user manual.

- Before use, always check for firm and correct seating of the arm positioning aid on the device it is positioned on (e.g. table or wheelchair tray) in order to avoid sudden tipping and/or slipping of the arm aid.
- Do not use the **Aparent® AKTIV** as a seat.
- Do not use the arm positioning aid as a supporting surface.
- Do not position your effected arm and your hand, particularly in the case of existing spasticity, using force. Forceful positioning can lead to damage to the muscles, sinews and tendons involved.
- Do not position your effected arm and hand if you are in pain since movements associated with pain promote spasms.
- Continuously check the position your effected arm/hand to see whether it/they are in a physiologically optimum position. It is particularly important to observe the correct physiological basic position of the effected shoulder.
- Do not expose your **Aparent® AKTIV** to direct sunlight. The surface can heat up and lead to a risk of burning.

2.0 General information

2.1 Preliminary remarks

Dear user, You have decided to purchase a technically mature product, which has been developed according to state-of-the-art technology and is reliable. This user manual will serve both specialists and users as a basis for obtaining successful, secure and risk-free use of the arm positioning aid **Aparent® AKTIV**. This manual describes preparation for use, operation, use and care of the product. In order to meaningfully get the best out of the aid and to maintain safety of use at all times, read the user manual, keep to the handling instructions contained therein at all times and ensure that the user manual remains within reach for the user.

2.2 Risks- overall assessment

There are no risk involved in using the arm positioning aid **Aparent® AKTIV** as long as it is only used for the intended purpose (purpose of the aid). The materials used and the design are all according to requirements of applicable EU guidelines, the Medical Products Law and standards for medical products.

2.3 Signs and symbols



Attention! This particularly denotes safety-relevant instructions. Observe the user manual!



Important! Denotes particularly useful information in the respective practical context.

2.4 Purpose of the aid

The arm positioning aid **Aparent® AKTIV** is designed for people who suffer from a limp or spastic hemiparesis or who demonstrate one of the other named indications (see **Paragraph 2.5**) due to a neurological disturbance or damage to the brain, for example a stroke. The arm positioning aid serves, above all, to relieve the effected upper extremity through achieving physiologically correct positioning of the effected shoulder, arms as well as the hand. The user should also be given the opportunity to support rehabilitation and to perform personal exercise with the paretic arm and hand at home in addition to any physiotherapeutic measures being taken. The physiological positioning and therapeutic practise should, in the end, seek to counter development of a spastic condition, to relieve and effect an existing spasticity and to avoid development of contractures prophylactically. Safety instructions and technical data should also be observed.

2.5 Indications

- Hemiplegia
- Hemiparesis
- A stroke
- Swellings caused by non-inflammatory genesis in the hand/finger area

3.0 Overview of the product and delivery

3.1 Checking the delivery

The arm positioning aid **Aparent® AKTIV** is packed in protective cover. Keep the protective cover if possible after unpacking. It serves to help possible later storage. Immediately check the goods on receiving them for completeness. The contents of the packaging are:

- 1 arm positioning aid **Aparent® AKTIV**
- 1 cover for the arm positioning aid
- 3 different sized hand elements
- 1 user manual

3.2 Description of the arm positioning aid **Aparent® AKTIV**

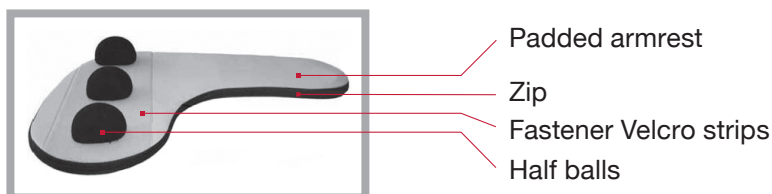


Figure 01 – view from above

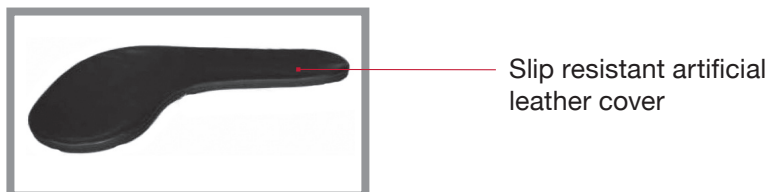


Figure 2 – view from the rear

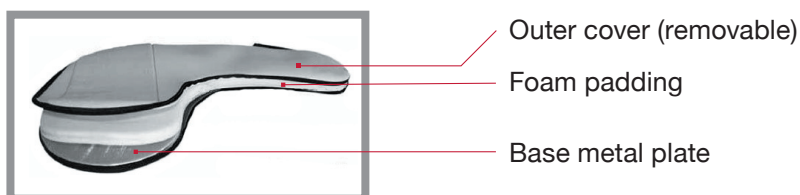


Figure 3


3.3 Labelling and type plates




Model, manufacturer and instructions for use are attached to the product or are with the product. Instructions/notes must remain legible. Replace illegible or missing instructions/notes immediately. The type plate is very important for identifying the product. It must not be removed.

4.0 Using the arm positioning aid Aparent® AKTIV

4.1 Assembly

-  • Remove the arm positioning aid from its packaging.
- Additional supporting of the arm positioning aid on the wheelchair tray or on a table offers an even and stable mounting.

4.2 Preparation before positioning

-  In the case of an existing spasticity it is advantageous before laying the effected arm and the effected hand in place to inhibit the spasticity by means of an anti-spasticity procedure. This must, however, be performed by a specialist trained to do this.

4.3 Positioning the effected arm


-  • Lay the effected arm on the arm positioning aid.
- Bring the arm into a physiologically correct position, that is the upper arm lies on the chest side in a slightly outside rotation position, the elbow is slightly bent and the underarm lies fully with its underside on the arm positioning aid.



Figure 4 – Arm positioning

Do not assume the position of the effected arm using force. Forceful positioning can lead to damage to the muscles, sinews and tendons involved. Do not position your effected arm and hand if you are in pain since movements associated with pain promote spasms.

4.4 Positioning the effected hand


-  Bring the hand element into the position of your hand after positioning your arm. Lay the hand with the inner surface of the hand on the hand element. The effected hand lies in a physiologically correct position when the palm of the hand lies fully on the arm positioning aid and the rear of the hand creates a straight line to the underarm.



Figure 5 – Laying on the hand

Figure 6 – Physiological positioning

Do not assume the position of the effected hand using force, that is do not bend the fingers by force. Forceful positioning can lead to damage to the muscles, sinews and tendons involved.

Do not position your effected hand if you are in pain since movements associated with pain promote spasms.

5.0 Care instructions

5.1 Cleaning and disinfecting

The cover for the arm positioning aid **Aparent® AKTIV** is removable and can be washed at a maximum temperature of 40°C in the washing machine using a washing powder for delicates. This could also be disinfected using a commercially available disinfectant.



Do not use a high pressure or steam cleaner!

5.2 Repair

The arm positioning aid **Aparent® AKTIV** is made out of an extremely wear-resistant material. Nevertheless, if damage to the material should ever occur please contact your dealer.

6.0 Disposal

If the arm positioning aid **Aparent® AKTIV** is no longer needed and should be disposed of please contact your dealer. If you wish to dispose of it yourself then please inform yourself from local disposal companies about disposal regulations in force in your area.

7.0 Reuse

The arm positioning aid **Aparent® AKTIV** is normally not designated for reuse. However, if the product is to be reused then have it cleaned by the dealer and fitted with a new cover.

8.0 Technical data

Dimensions with hand element	L 58,0 x B 40,0 x H 7,5 cm
Weight	970 g



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