macu4 │External Bandage support

macu4™ Explorer System – Socket

NOTE: This instruction informs you how to use the macu4™ Explorer socket with a bandage attached to the outside of the socket. For achieving a more stable fit of the socket on your arm, a foldable bandage can be used as an add-on solution. This can be already beneficial for activities with pulling forces in the arm direction, for instance, swimming. People with a short socket or for people with a conical arm shape.

1. Specifications

The bandage dimensions shall be about 6 cm x 60-90 cm depending on your arm shape. Consult the complementary video on how to use up the bandage. Contact support@macu4.com if you have any questions about the instructions.

2. Preparations
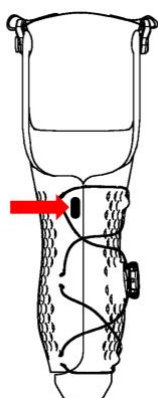
Step 1 - Place a patch of Velcro on the socket
In order to place the bandage with only one hand, place a patch of adhesive velcro (hooks) on the shaft as illustrated (in black). It shall be proximally from the Atop knob, i.e. between the elbow and the Atop knob. The dimensions shall be about 20 x 40 mm.
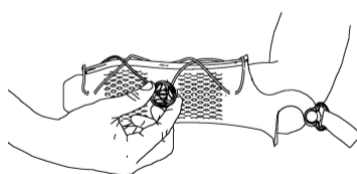
3. Put on the socket

Follow the steps as described in the official *Instructions For Use* of the Socket:


Step 1 – Put on the *Socket*
Insert the arm into the socket until the clips encircle the epicondyles of the elbow on both sides and fit securely. The end of the condylar clips should face the back of your arm (the Velcro runs along the back of the arm).

Step 2 – Close Lacing System
When the arm is comfortably positioned in the socket, turn the knob clockwise to tighten the lacing system. Turn until the socket fits snugly on the arm. The fit of the socket on the arm should be snug but not uncomfortable.
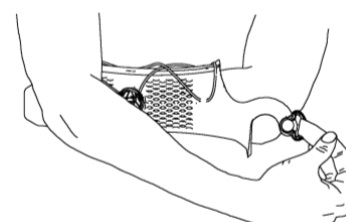
Step 3 – Close Velcro
Avoid that a too-tight lacing squeezes the tissue of your arm in the area of the crook of the arm. Use the Velcro to close the socket at the back and above your elbow. This will give a tighter fit.
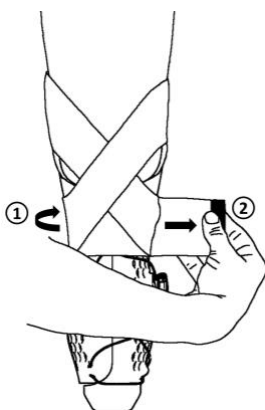
4.   Place the bandage
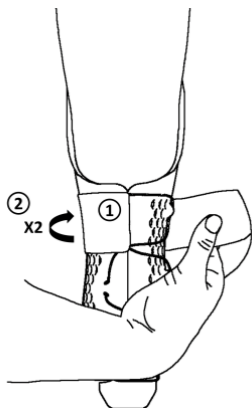
Step 4 – Attach bandage to the socket
Place the extremity of the bandage without the velcro on top of the velcro square placed earlier (1). Take two turns (2). Try stretching the bandage a little so that it tightens properly. You can use a paper clip to fix the bandage to the socket at first. If not, ask for help.
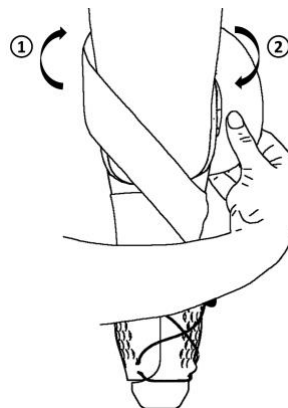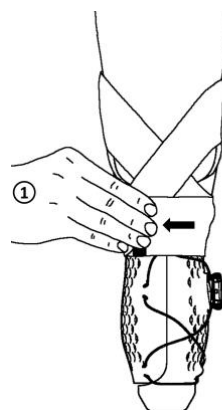
Step 5 – Cross bandage above elbow
After the second turn, pass the bandage behind and upward your elbow as illustrated (1) & (2).

Step 6 – Cross bandage below elbow
Pass the bandage up on top of itself to create a cross, as illustrated (1). Maintain a constant tension in the bandage to tighten correctly (2).

Step 7 – Close bandage on the top side
Finally, close the bandage with the velcro as illustrated (1). Make sure it is properly tightened.

5.   Final control
- Check the fit of the socket before you start any activity.
- Make sure it is well-positioned and secured by trying to move the socket gently.
- Note that the socket should remain firmly in position.
- If it is not tightened correctly, recked the lacing system, the velcro closure and the bandage.

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