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## 29 Degrees or Less Flexion Contracture Modifications to the FLO-TECH-TOR™

- ◆ A hole is drilled in the distal end of the socket.
- ◆ An extra neoprene band is applied at the knee.
- ◆ The distal end pad(s) are split in the center.
- ◆ A long nylon pull sock is used to facilitate extension of the knee.

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### Flexion Contracture Protocol

- ✓ The nylon is placed on the patient, extending over the knee, with the long remainder at the distal end.
- ✓ The long remainder of nylon is pulled through the distal end pad(s) and then pushed through the hole in the distal socket.
- ✓ The socket is applied in the usual manner (gently) while the nylon is tugged with a firm yet gentle motion.
- ✓ The long remainder of the pull sock is then reversed on itself and pulled up and over the outside of the FLO-TECH-TOR™.
- ✓ The patient and/or aides must remove the long remainder of the nylon from the outer socket and tug on it every 30 to 40 minutes to encourage extension of the knee and reallocate pressure within the socket for enhanced blood flow.
- ✓ The FLO-TECH-TOR™ must be totally removed 4 to 6 times per day (if two-sock protocol is followed) to further stimulate circulation, do range of motion of the knee and check for any folds or wrinkles in the bandages or socks (**Range of motion is done along with gentle desensitizing [tissue should not be displaced]).**

**The FLO-TECH-TOR™ is reapplied 15 to 20 minutes after it is removed**