



# HyMo

- HyMo is a Custom Made orthosis with focus on Stabilizing and limiting the range of motion in the joints. The snug fit and the choice of reinforcements can improve posture and increase joint stability.
- This orthosis is a Medical Device, class I, and is produced and certified according to MDD 93/42/EEC and MDR.
- We recommend that the measurements are taken by a Physical Therapist or Certified Orthotist.



# HyMo

## Intended Use

- HyMo-is a textile orthosis in the form of a body and/or trousers with short or long sleeves and legs.
- It is intended for patients with Ehlers Danlos Syndrom.
- The garments are custom-made with a focus on stabilising and limiting the range of motion in the joints.

## Indications

Ehlers Danlos Syndrom.

## Contraindications

Oedema, dislocated joints (without reduction).



# User requirements

To consider:

- Does the patient have joint issues, that joints luxate now and then?
- Can luxations be reduced?
- Does patient have a stable weight (does not move up and down in weight)
- Does patient have good hand functions or can get assistance for donning and doffing?
- *If these questions can be answered with YES, then this will be a good candidate for HyMo.*



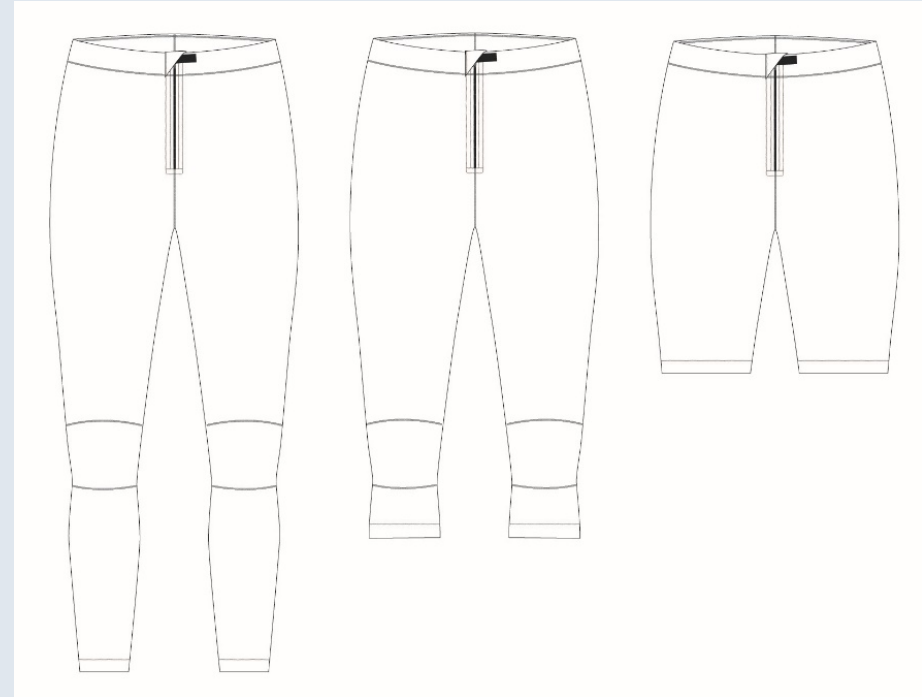
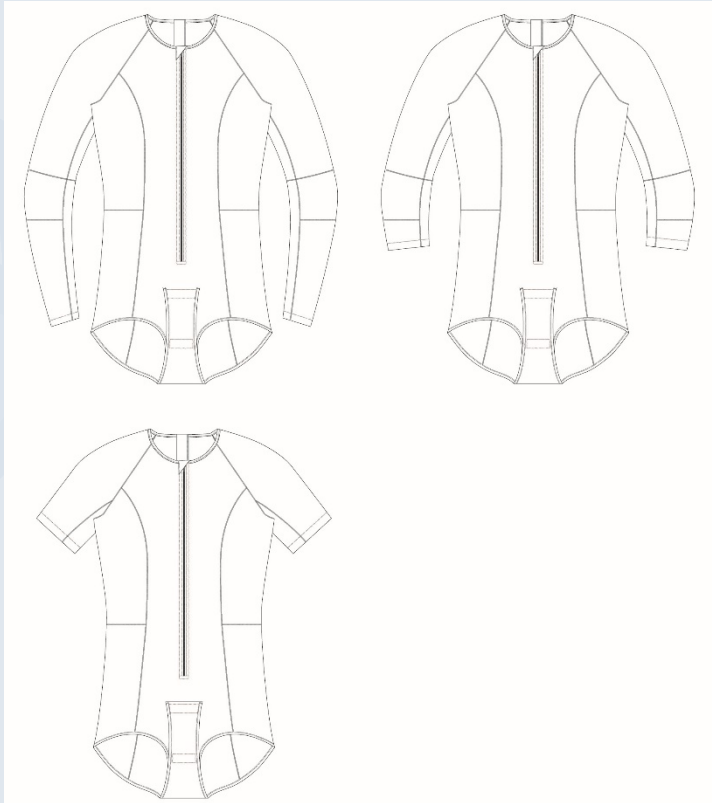
# Treatment Goals

To gain a successful treatment, goals are important to be set together with the patient. If possible, focus on one or two of the below;

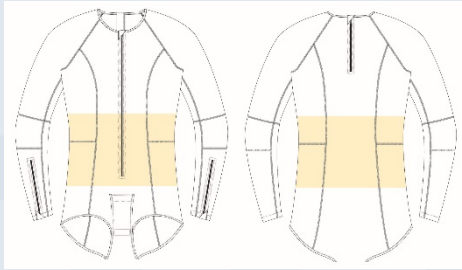
- Reduce pain
- Improve posture
- Increase energy
- Improve fine skills
- Improve balance
- Limit hypermobility
- Stabilize single joints
- Increase security when moving



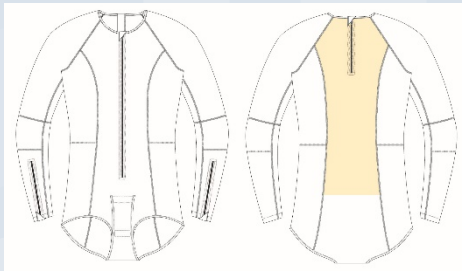
# HyMo Models



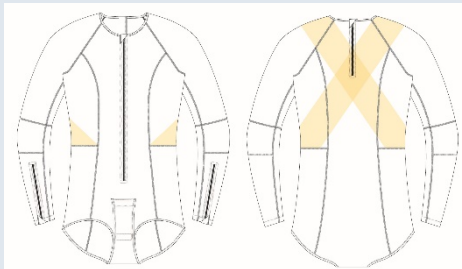
# HyMo Reinforcements



**Lumbar Panel**  
Supportive posture control



**Posterior Back Panel**  
Extension Support



**Shoulder Back Extension**  
Shoulder posture and extension support



**Hip Panel**  
Supportive hip control and hip abduction assist



**Posterior Knee Flexion**  
Knee flexion support

# Measurement for Body & Trousers

- The measuring tape must lay against the skin. Do not pull the measuring tape.
- All measurements should be taken when **patient is standing** and have a normal breathing pattern.
- It may be useful to mark the area to be measured on the patient's skin using a non-permanent marker.
- Read the Measuring Guidelines carefully before measuring, as the measurements are different for different products.





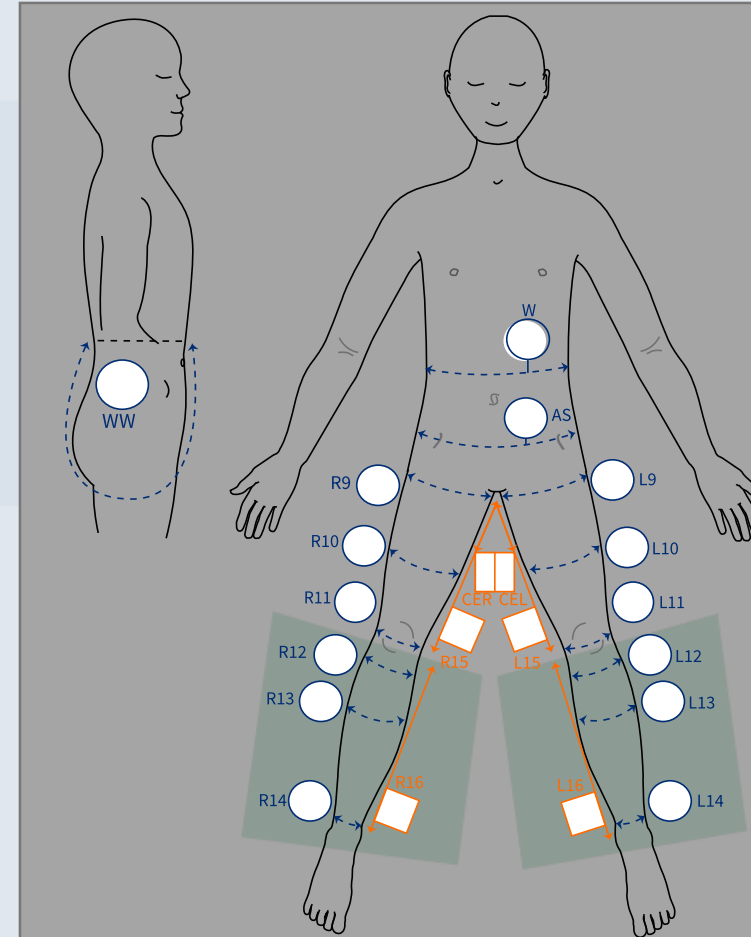
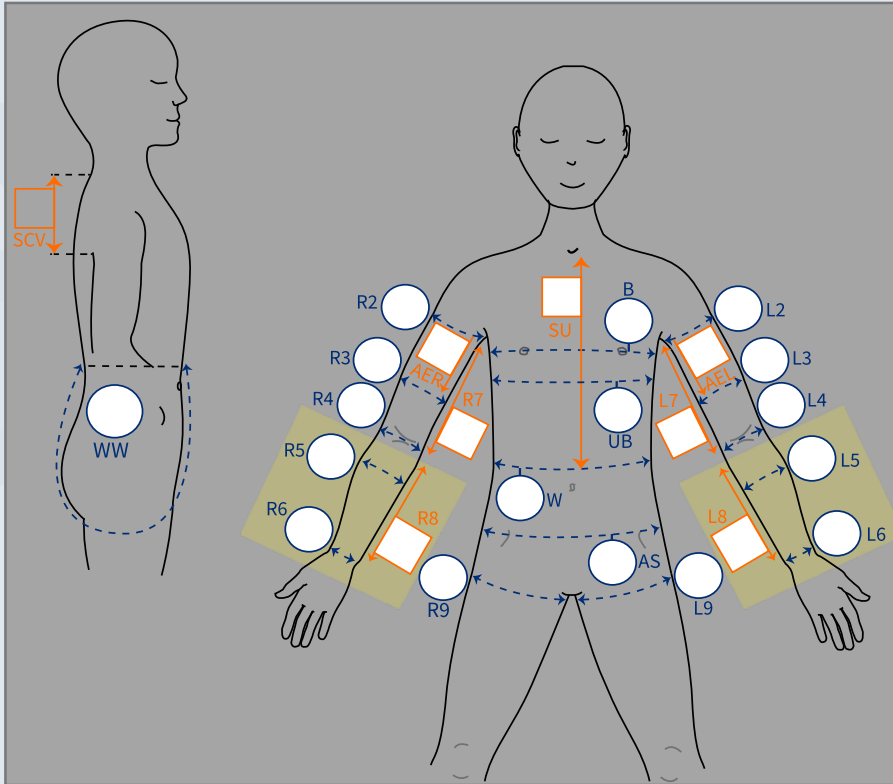
# HyMo

If you are already a Certified fitter for Elements Body, note that there are differences between fitting a HyMo compared to an Elements Body product;

- Take measurement in standing position.
- Carefully read where measurements should be taken. Especially *W, WW and SU that for HyMo should be in the waist line and not across umbilicum.*
- It is not possible to send HyMo back for alterations.
- HyMo is only available in BLACK and transfers cannot be added to HyMo orthosis.



# Measurement for Body & Trousers



# Wearing Schedule

- On the first day only use the orthosis for a maximum of 2 hours at one time.
- If after 2 hours there are no adverse reactions, gradually increase the use by 1 hour every day.
- Continue to increase usage by one hour per day until you have reached a usage of 8-10 hours a day. If you want to use it longer, take a break for 2 hours. If you use it during the night, take a break for 2 hours.



# Welcome to HyMo!

- Congratulations! You are now ready to order HyMo.
- Send the code **HyMo 2020** to customer support to confirm that you have read this complete instruction for use.

