

1). Turn your hand to neutral or "thumbs up" position. Align the center of the thermoplastic arm plate with the thumb. The TOP of the thermoplastic arm plate should be two finger widths or 1.5 to 2.0 inches BELOW your elbow crease. Secure both straps so that no migration of the system occurs as you move your arm normally.

2). Secure both straps BELOW the elbow as featured in post fitting instructional video. This video can be found on our website:
www.Readi-Steady.com
or url:
https://youtu.be/11KAknT_fsc

3). When the bicep muscle is contributing to a strong rotational tremor pattern, or if a notable tremor reduction is not observed with application in Step 2, it is helpful to secure the remaining strap ABOVE the elbow. The strap with the thermoplastic arm plate should remain BELOW the elbow as previously described.

