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**Arm Support**

**Learning Program**

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This Program was prepared by Partners in Medicine for use by Occupational and Physical Therapists. It is designed to assist new arm support users to maximize their functional capabilities. Therapists may use this program to provide instructions and training on the use of an arm support and to help patients reach their goals. The program also measures outcomes to quantify arm support benefits for each individual.

**Learning Program for Users of Arm Support Devices**

**Objectives**

* User understands how to operate the arm support and its functions
* User is able to use the arm support in a purposeful manner as effectively as possible
* User is able to perform desired functional tasks more independently

**Requirements to Achieve Objectives**

* Therapist and vendor’s Assistive Technology Professional (ATP) are trained on the use of an arm support.
* User is willing to establish functional activity goals to be achieved with the arm support and is willing to attend training sessions with therapist as needed.
* Caregiver is available to be trained in set up and positioning of device for greatest functional use.
* Caregiver is willing to work with user at home to optimize use of the arm support.

**Process to Achieve Objectives**

* **Training:**
	+ Partners in Medicine’s Product Specialist (manufacturer’s representative) will train therapist and ATP to set up and adjust arm support to optimize function for each user. Training includes:
		- Attend one-hour CEU course on arm supports. The course is available online.
		- Hands-on instruction on the set up and use of arm supports by Partners in Medicine’s Product Specialist.
* **Device Evaluation Visit:**
	+ Therapist will conduct a device evaluation with user to determine the appropriate device. ATP or Product Specialist may be present for setup and to provide user training and guidance on device use.
	+ Therapist will assess user’s capability with and without the arm support and prepare a Letter of Medical Necessity as needed.
	+ If an arm support is recommended the user and caregiver will agree to goal setting and follow-up visits after the installation to make the best use of the device.

* **Installation Visit:**
	+ ATP or Product Specialist will assist therapist to set up arm support and optimize its position for the user.
	+ ATP, Product Specialist, or therapist will re-train the user on operation of the arm support and its functions.
	+ User will establish written goals. Therapist will review written goals with user (subjective measurements) and will conduct tests (objective measurements) to establish baseline performance with and without the arm support. Attached is an example of measurement tools that can be used.
* **Follow-up Visits:**
	+ Therapist will conduct therapy sessions with user as needed to work on user’s range of motion with the arm support; to perform various exercises to establish the best use of shoulder, elbow, wrist, and hand movement; and to conduct functional activities (ex. eating, drinking, brushing teeth, turning on lights, combing hair, washing face, opening drawer or cabinet).
	+ Therapist will perform objective tests to measure progress.
	+ User and therapist will review progress towards meeting user’s goals.

**Documentation of Results**

Therapist will document the following in the patient’s chart:

* Frequency and number of visits
* Performance towards achieving written goals
* Changes in measured performance between baseline and current visit when using the arm support
* Functional activities that can be performed now that were not performed at baseline without the arm support