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## **ULTRA FLEX**

**1st day.... tension set at (2) and wear for 2 hours at rest and during ADL's**

**2nd day.... tension set at (2) and wear for 4 hours at rest and during ADL's**

**3rd day.... tension set a (2) and wear for 8 hours at rest and during ADL's**

**Continue tension setting (2) for 8 hours/day and assess ROM gains (1 - 3 degree is desired) after 1 week.**

**If 8 hours per day cannot be attained, back tension down by "one" setting.**

**If ROM plateaus, progress "one setting" and repeat 2 thru 5.**