

Directions for making Gayle's Hygroma Elbow Protector

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These are general directions for making an elbow pad to protect the elbow, allowing the hygroma to reduce and heal. No medical claims, just an idea to help.

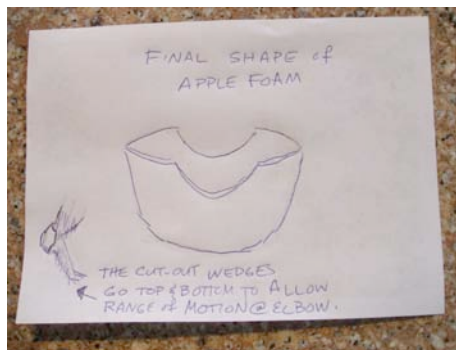
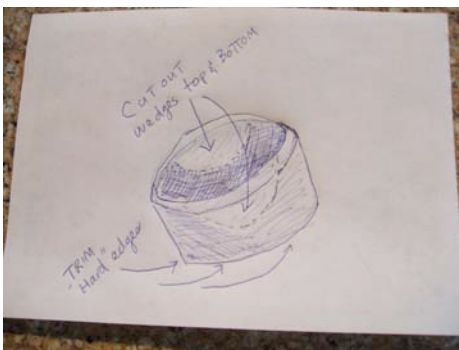
1. Cut out a foam cylinder from a gourmet apple package. Shape sides to make it roundish.



2. Cut out an oval shape of one-inch foam to glue in the bottom of the apple foam cylinder. By using an oval, it makes the protector more 'north/south' and stays on better. I used pieces of quilt batting and packing foam to 'fill in' the inside of the protector – imagine you are making a 'nest' for the elbow to be in. I used spray adhesive to attach bottom and help keep the nesting batting in place.



3. Here are some drawings of how I shaped the foam after the gluing. The north/south points of the cylinder were modified – a half moon was cut off of each top edge to accommodate the leg better, and to keep the 'nest' close in to the elbow. I also carved off some of the hard edges around the bottom, to make it more bowl-like.



- I covered the protector with ultrasuede fabric, as I thought this would help grip to the arm hair and help keep it on. Any type of fabric is probably OK; you could even take an old stretched out sock and use that if it didn't squish the shape too much. Here's a picture from the back to show the cover.



- I used 1/2" elastic to make cross straps to keep the protector on the elbow. With the cut-out wedges top and bottom, the "elastic X crossed right at the bend of the elbow. Don't make it too tight, or it will chafe or worse. Notice on my picture the elastic has curled some, where the elbow is bending.



- This worked pretty well, but we found it would sometimes slide down when she 'hopped' about, so I added a shoulder strap of 1" elastic. The length on Gayle's is about 30", but would vary depending on the size of your sister/brother. To make sure the fit was good, I added an adjusting buckle down at the bottom to get a custom fit. Here's a picture of our model!! It even stayed on when she was working on a nap!



PM me with any questions. Good luck, ET Gayle