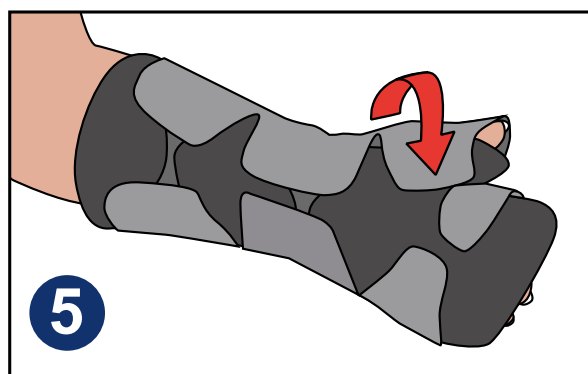
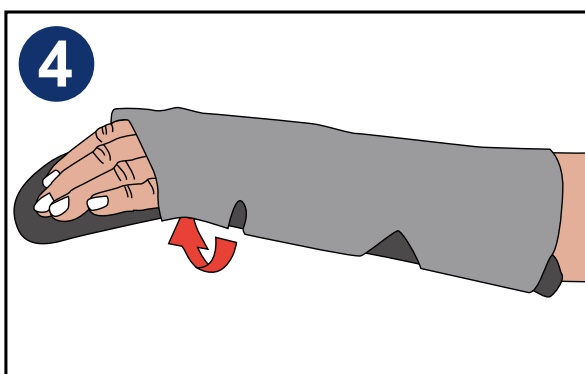
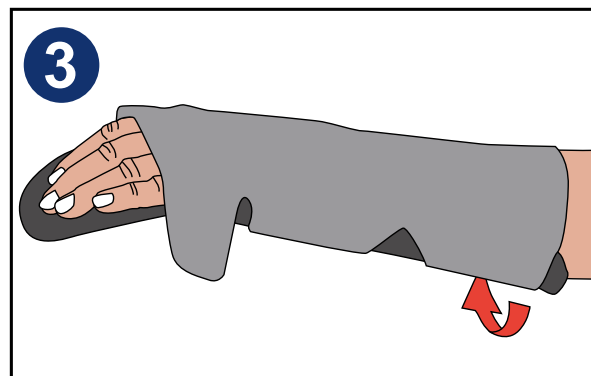
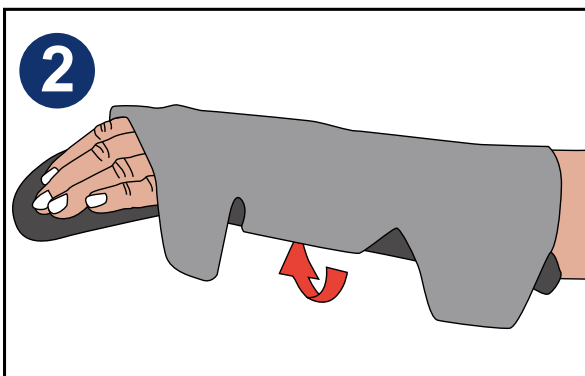
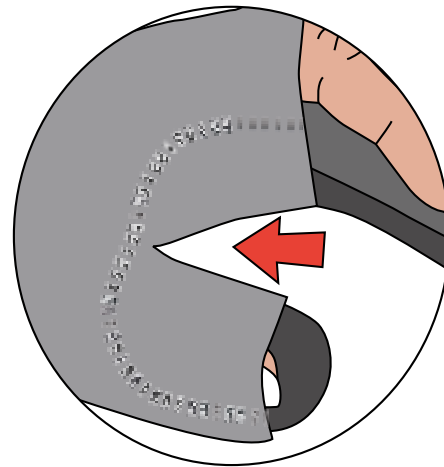
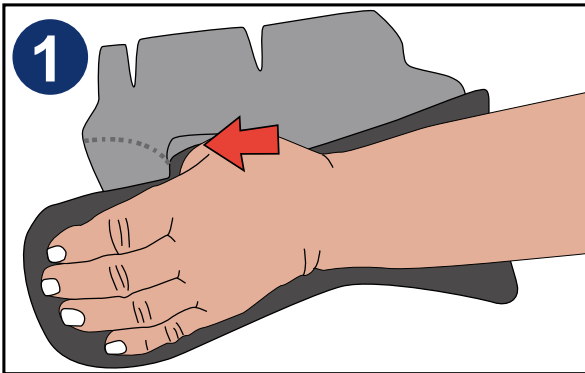
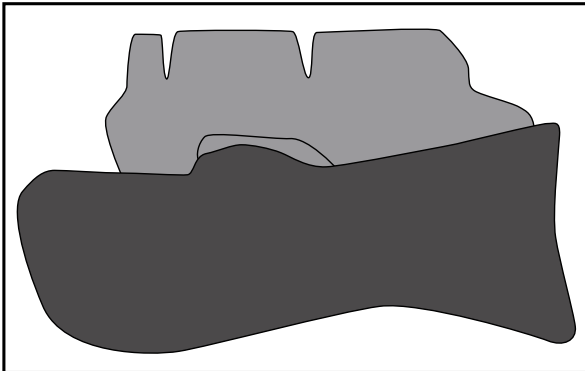


Tips & Tricks

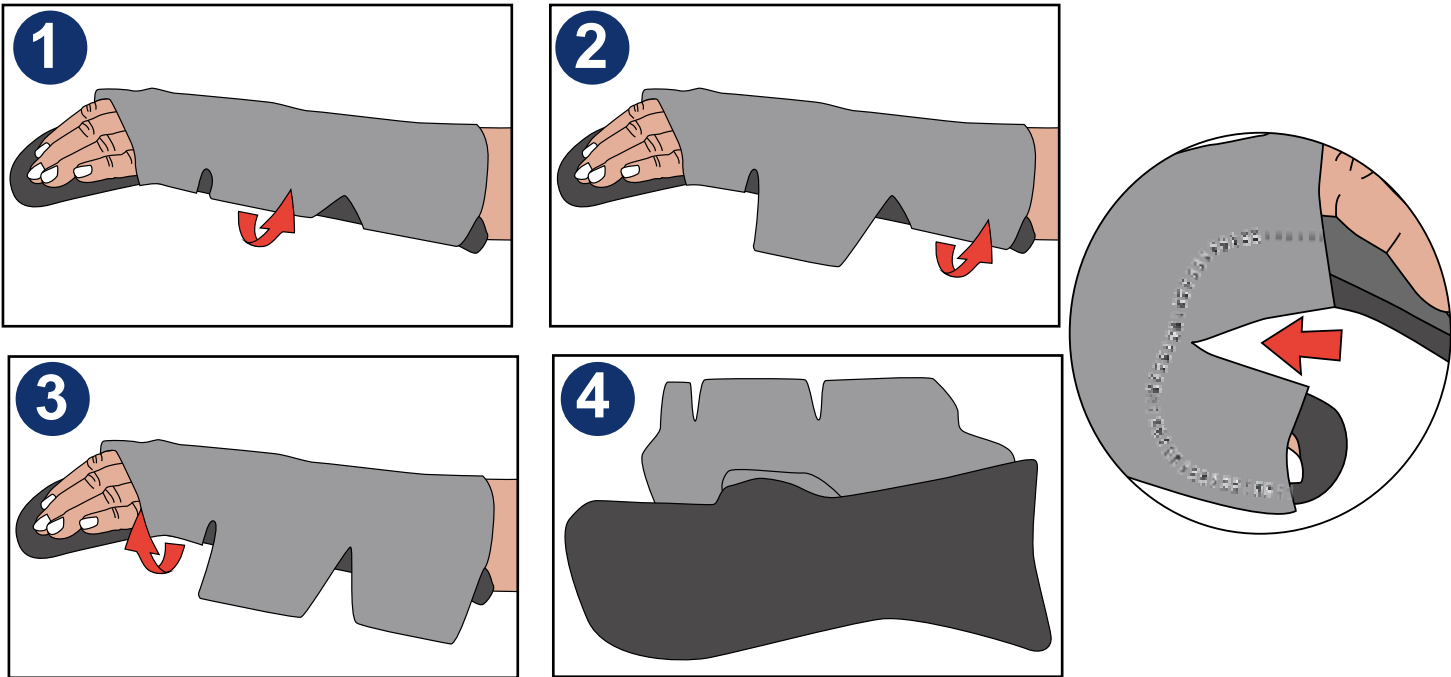
S.O.T RESTING SPLINT

HOW TO PUT ON THE ORTHOSIS

To ensure optimal function it is important that the cover is well applied and adjusted correctly in the thumb section (see illustration in circle below). Attach the cover by starting with the strap over the wrist. Make sure it is equally attached and comfortable. If the hand is swollen a larger size cover may be needed.

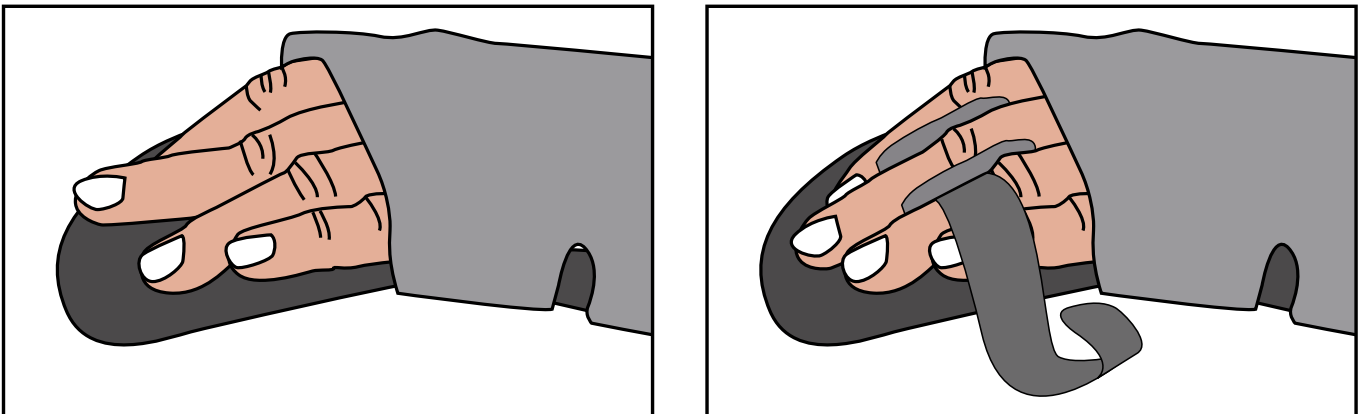


HOW TO REMOVE THE ORTHOSIS

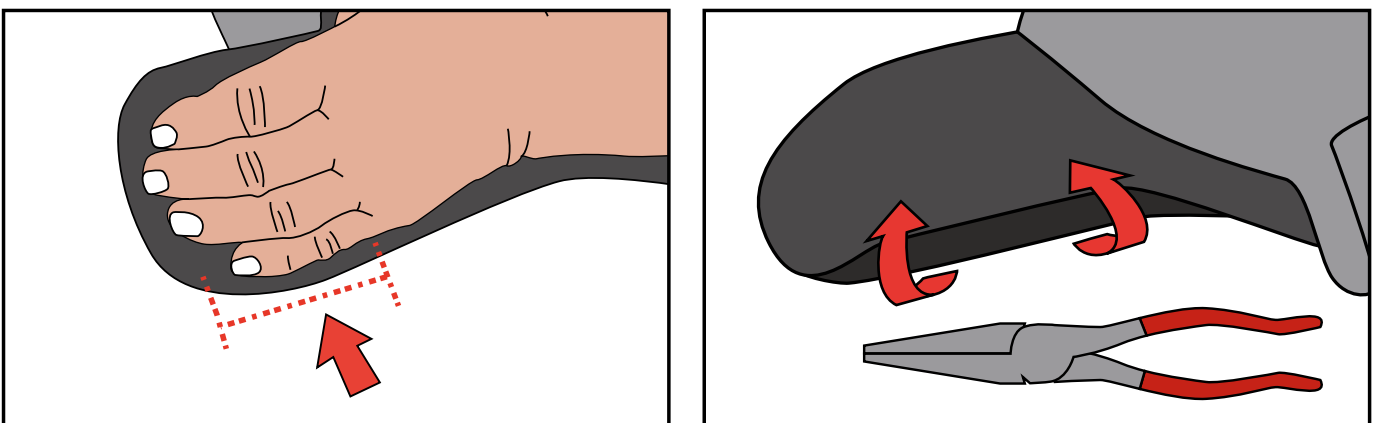


Loosen the cover only on the ulna side in order as shown in illustrations above. Leave the cover attached on the radial side, between the thumb and the first finger (see illustration in circle above). In this way it is easier to put the orthosis back on again.

DIFFERENT WAYS TO USE THE FINGER DIVIDER

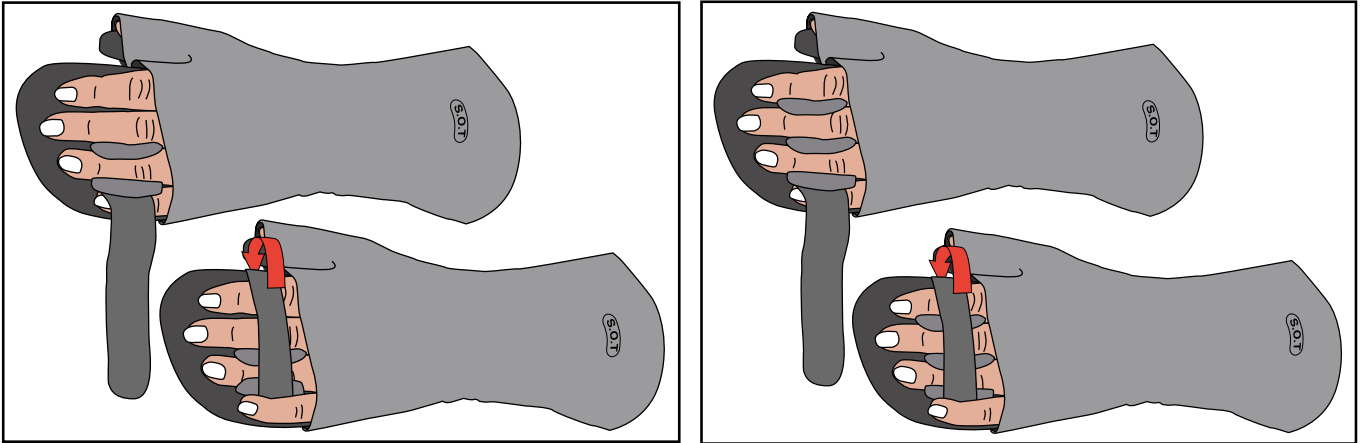


If one or more of the PIP-joints have a Swan neck deformity, the finger divider can act as a finger lift and counteract excessive PIP-joints. Then use the strap and the "walls" as support.



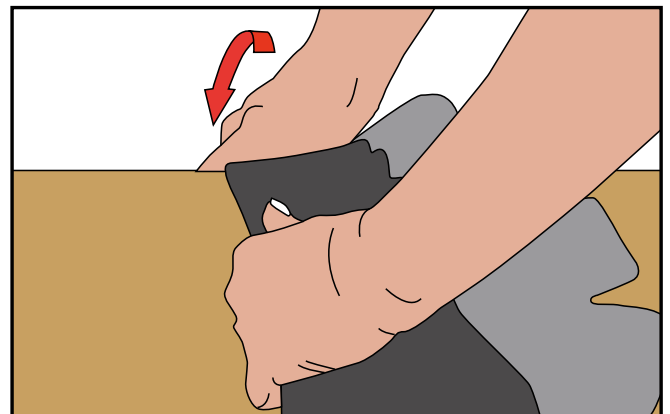
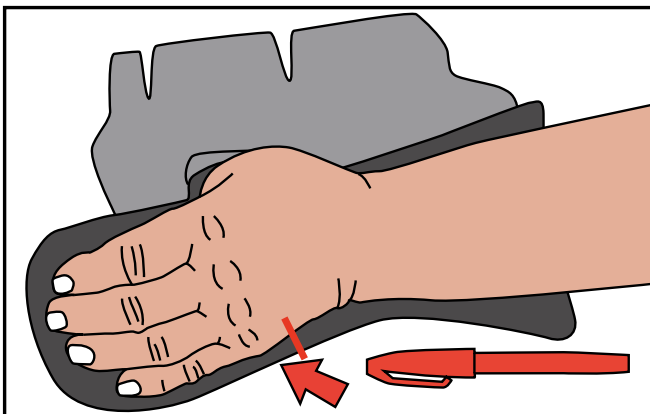
If extra support is needed on the ulna side, gently bend the edge of the orthosis with pliers.

DIFFERENT WAYS TO USE THE FINGER DIVIDER



The finger divider can be used for one or more fingers. The walls of the finger divider that are not needed can be cut away. The strap must be crossed over the fingers and attached to the bottom of the orthosis.

HOW TO RE-SHAPE FROM RESTING-POSITION TO REHAB-POSITION

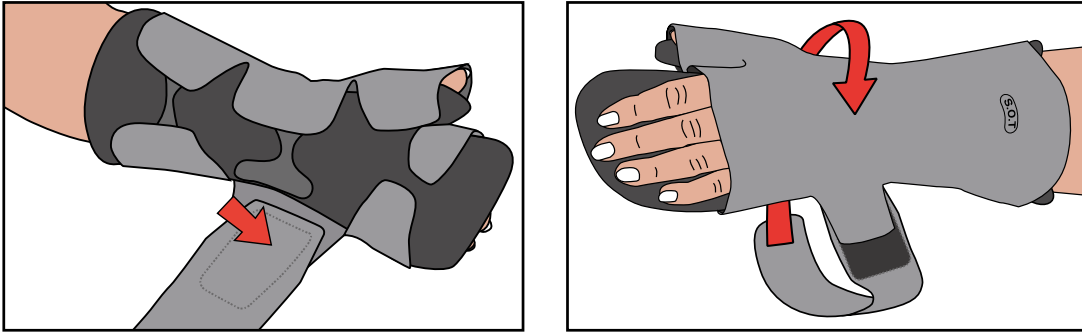


The orthosis has a core of aluminium that allows it to be transformed from its original position, Resting-Position, to Rehab-Position. To do this, use a size smaller and make a mark at the distal curve where the orthosis should be bent. Bend the orthosis over a table edge. It is important not to bend back and forth too many times because the aluminium is soft and may become weak and ineffective. Then straighten the area for PIP and DIP joints to full extension.



When the orthosis is to be used in Rehab-position, the cover can be folded back so that the MCP-joints are free and an extra strap is placed over the fingers as shown.

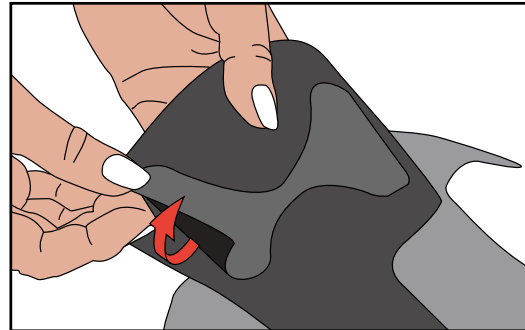
EXTRA STRAP AND IT'S FUNCTION



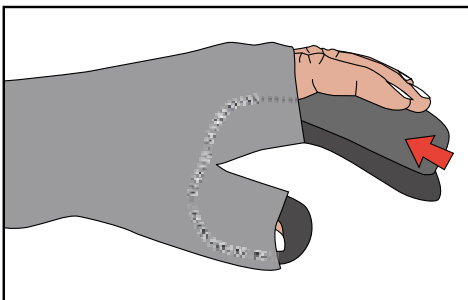
The extra strap is applied to the lining on the ulna side and wraps around the dorsal wrist, and passes over the radial side to hold the wrist in position on the orthosis. Position the extra strap onto the cover so that a piece of hard Velcro protrudes for the strap to attach to.

HOW TO RE-POSITION THE VELCRO ON THE BRACE

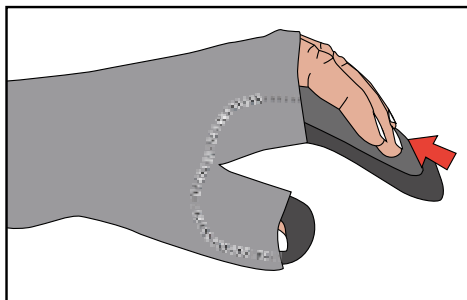
The Velcro straps located on the underside of the orthosis can easily be moved to new positions if necessary. Firmly tighten the Velcro against the product, otherwise they may loosen or change position during use.



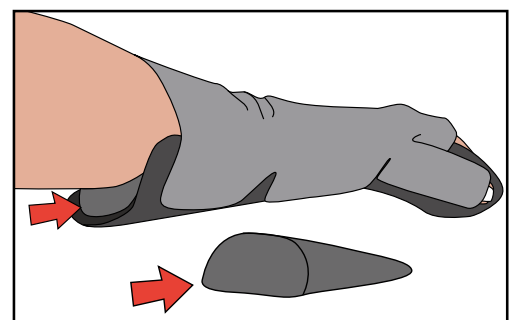
HOW TO USE THE WEDGES FOR DIFFERENT PURPOSES



With the high part of the wedge distally, the stretch of the long finger flexors (Flexor Digitorum Profundus and Superficialis) increases.



With the lower part of the wedge positioned distally the stretch of Intrinsic muscles (Interossei and Lumbricals) increases.



To increase the extension of the wrist without re-shaping the orthosis, put the wedge in the back of the orthosis with the high part at the back.

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