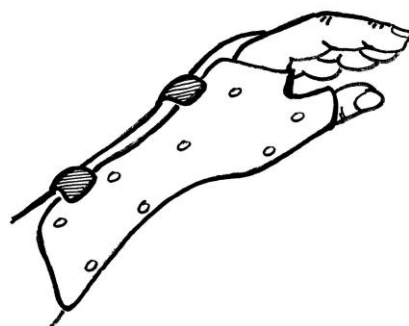


Wrist Hand Finger Orthoses

You have been fit with a wrist hand orthosis. Unless otherwise instructed, please use a gradual break in schedule to allow your body to get used to the device. Start with an hour today. Increase an hour per day as tolerated. Following use, remove your orthosis and inspect your skin. There may be some skin redness from pressure areas. Redness should not persist for more than 15 minutes after removal. Redness that does not disappear can be a sign of excess pressure. Discontinue use, also, if any sign of numbness, tingling, color change, excessive itching, swelling or pain develops. Please contact our office for adjustments and do not reapply orthosis. Failure to do so could lead to blisters or open sores.



Your orthosis may look different.

This orthosis is designed to support your wrist and limit the motion of your wrist. Some orthoses are for day use, others for use during sleeping. You should wear this as instructed by your doctor. Your orthosis can be cleaned with a wash cloth and mild soapy water. Saddle soap can be used for any leather portions. Make certain all soap residue is removed and the orthosis is completely dry before re-applying. Make certain the orthosis is reapplied properly, with all straps secured snugly.

Make sure you are comfortable with how to properly put on and take off your orthosis. Never attempt to modify your orthosis yourself.

Please inspect your orthosis daily for any signs of wear including cracking, loose parts, or decreased effectiveness of the device and call our office as needed. A yearly check up is recommended.

Patient Signature _____ Date _____