FUNCTIONAL WRIST EXTENSION ORTHOSIS

OBJECTIVE
Dynamic wrist extension.

INDICATIONS
Paralysis of the wrist extensors (radial nerve palsy).

FABRICATION STEPS

Mark the flexion-extension axis of the wrist.

Mark the place of the spring as it is aligned with the flexion extension axis.

Position pattern B exactly as shown on the drawing and attach a broad Velcro band proximally on the forearm section.

Remove the orthosis from the patient. Heat the curved end of the spring and melt into the thermoplastic material.

Place the orthosis back on the patient. The patient holds the volar piece of the orthosis in a fist whilst resting the hand on the table. Push the free arm of the spring downwards until parallel to the metacarpal. Measure the distance and bend the spring arm 90° downwards and further into a U-shape. Cut off the excess material. Mark the position of the U-shape on the side of the orthosis.

Remove the orthosis from the patient. Heat the U-shape and melt it into the plastic. Secure with a thermoplastic coin. Proceed in exactly the same way on the ulnar side.

Finishing and fixation straps:
- Apply soft padding material at the level of the wrist.
- One strap already provided proximally.
- Optionally, a narrow strap crossing the wrist and one over the back of the hand for greater comfort.

Download the complete Splinting Guide:
https://www.orfit.com/universalinformation/accessories/the-splinting-guides/