Functional ulnar nerve orthosis and combined ulnar median nerve orthosis

OBJECTIVE
To support the innervated muscles (short finger and little finger) for ulnar nerve injury, and all the fingers for carpal tunnel injuries (mild) in opposite positions.

INDICATIONS
All ulnar median deformation (simple hand with absence of joint concomitance such as seen with peripheral nerve lesions, recently performed ulnar surgery, etc.).

FABRICATION STEPS

1. Measure the transverse distance from the hand to the wrist to determine the length of the orthosis.
2. For the short finger, measure 4 cm above the transverse line to determine the length of the orthosis.
3. For the long finger, measure 6 cm above the transverse line to determine the length of the orthosis.
4. Add 1 cm to both the short finger and long finger measurements to ensure appropriate fit.
5. Measure the circumference of the hand at the metacarpal level for the short finger and long finger separately.
6. Cut the orthosis to the appropriate length and circumference using a cutting tool.
7. Attach the orthosis to the hand using a hook and loop fastener to ensure a comfortable fit.

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