**PRONATION - SUPINATION ORTHOSIS**

**OBJECTIVE**
To achieve passive or active pronation supination of the forearm.

**INDICATIONS**
Peripheral or central nerve lesions. Distal radio-ulnar joint stiffness.

**Starting Position:** Standing, facing the patient.

**FABRICATION STEPS**

1. **The elbow orthosis:**
   - Mould the orthosis pattern around the arm at the level of the axilla. Slightly stretch it out, and stick it together (ensure that it is easy to detach once it has hardened).

2. **Finishing and fixation straps:**
   - The volar side at the proximal end can be shortened, but the distal end must reach up to the wrist. Out any surplus material on the sides of the forearm so that only a slightly curved plateau remains, not wider than the wrist.
   - Secure proximally with a very broad fixation strap. Stick some hook tape as distally as possible.

3. **The hand orthosis:**
   - Make a wrist immobilization orthosis.*

4. **The dynamic element:**
   - Close the wrist orthosis with a broad elastic loop and make 1 or more turns. Hook the loop to the elbow orthosis (on the radial side to achieve supination, or on the ulnar side to achieve pronation).

*Find detailed fabrication instructions in the complete Splinting Guide:
https://www.orfit.com/orthotic-rehabilitation/accessories/the-splinting-guide/