

CMC THUMB SPICA SPLINT INSTRUCTIONS FOR USE

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Step 1: Step 1: With brace open, slide thumb into thumb hole.

Step 2: Wrap wrist strap around back of hand/wrist, securing wrist strap on top surface of brace.



FOR ADDITIONAL SUPPORT (OPTIONAL)

To help limit flexion of the thumb: Follow steps 1 & 2 above. Then, with palm facing down, attach one end of unpadded strap to tip of inner thumb so the strap hangs down away from the hand. Wrap the strap around the outside of the thumb and secure strap to brace at back of hand in a comfortable, neutral position.



TO HELP LIMIT EXTENSION OF THE THUMB

Follow step 1 & 2 above. Then, with palm facing down, attach one end of the unpadded strap to tip of inner thumb so the strap points upward away from the hand. Wrap the strap around the outside of the thumb and secure strap to palm side of brace near wrist in a comfortable, neutral position.



TO HELP RELIEVE PRESSURE ON THE THENAR EMINENCE (PAD AT BASE OF THUMB)

Follow only step 1 above. Then, with palm facing up, place pad (on padded strap) at base of thumb along Thenar eminence and secure the short end of the padded strap to the brace so the long end of the padded strap rests upward along thumb. Secure wrist strap (Step 2) over the short end of the padded strap. Then, run the long end of the padded strap between thumb and index finger and secure it to the opposite side of the brace.



TO HELP RELIEVE CARPAL TUNNEL SYMPTOMS

To help relieve carpal tunnel symptoms: Follow steps 1 & 2 above. Then, place pad (on padded strap) at the base of the palm and secure straps. (2 photos)

