



The
reliable
choice

Splint for light De Quervain Tenosynovitis





- What is it ? Inflammation of a tendon sheath
- Level ? Pain at the radial side of the wrist
- Reason ? Friction between the tendons and sheaths of Abductor pollicis longus and extensor pollicis brevis
- Treatment put the affected segment at rest with a SPLINT



- Splint - involves thumb and wrist
 - thumb part is circumferential
 - wrist/forearm : in severe case : circumferential
: lighter case only radial side
- Splint boundaries
 - distally proximal of the IP joint
 - proximally 2/3 of forearm



Take the measurements from IP joint to the 2/3 of the forearm



Transfer to a piece of ORFICAST
MORE 12 or 15 CM 1 or 2 layers
depending on requested strength



Cut out 2 corners of +- 5cm by 2 2.5 cm

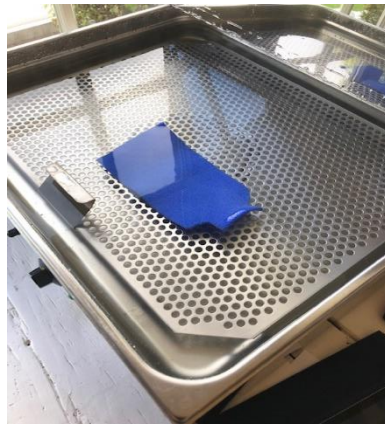


Dip the distal edge in the water



fold it over and press together





Activate your piece in a water bath or dry heater

Start positioning your piece at the IP level



Overlap both sides in the web space and press together



Stretch material out and
pinch together at the ulnar
side





Bring in correct position

Wrist 10-15° extension

CMC joint 40-50° palmar abduction

MP joint 5-10° flexion



Mark your trim lines



and cut away all excess material





Place Velcro straps : not shown as at this corona time I don't have them at home .

STAY SAFE

Marc Blij Product Specialist at Orfit



The
reliable
choice

www.orfit.com

