

# Easy Fit Instructions For Advance Dynamic ROM<sup>®</sup> Wrist Orthosis (Extension Or Flexion)



Wrist Extension

## BEFORE APPLYING ORTHOSIS:

- Check wrist and hand for any neurological or vascular changes.
- Check device to be sure that lock and lock safety are engaged.

## TO APPLY ORTHOSIS:

- Unfasten or loosen all straps.
- Slide device onto arm with strut placed on outside of limb and tension spring centered at the wrist joint.
- Align the struts to the long bones of the forearm.
- Palm of hand should rest comfortably on top of the hand platform. (On flexion device, hand platform should rest on dorsal knuckles. . . see photo at right).
- Fasten and tighten straps. Straps should be snug enough for one finger to be inserted between the strap and skin.



Wrist Flexion

## FOR DYNAMIC TENSION:

- Swing lock lever safety away from lock lever.
- Disengage lock lever by slightly flexing wrist.

## TO INSPECT THE FIT:

- Check alignment and adjust straps for comfort.
- Check for any neurological or vascular changes.

## TO REMOVE ORTHOSIS:

- Lock device into present position (angle) by engaging lock lever safety with lock lever.
- Unfasten/loosen straps and carefully slide orthosis off arm.

For additional instructions, precautions and warnings, refer to the enclosed Advance Wrist Orthosis Instruction Manual.

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