

## **LONG D-ring Wrist Brace**

### **Indications**

- To provide support for inflammatory conditions and soft tissue injuries, at the wrist (tendonitis, sprains and strains)
- Prevent further trauma caused by repetitive activity (overuse injuries)
- Secondary or primary care after fracture

### **Contraindications**

- Unstable wrist fractures

### **Precautions**

- If unusual swelling, skin discoloration or discomfort occurs, use should be discontinued and a healthcare professional consulted.
- The brace should fit snugly and be comfortable without interfering with circulation.
- Ensure appropriate wound care procedures are undertaken prior to application over open wounds or infected areas.

### **Application**

1. Measure wrist circumference and take the appropriate size (for reference see size table instructions)
2. Open the brace by undoing the straps and by pulling the connecting jersey open at the ulnar edge.
3. Put the hand in de brace with the thumb through the opening and close the jersey again
4. Pull the straps through the D-rings and attach the top and third straps to the hook first. Next, wrap the centre and bottom strap around the wrist with moderate tension and close hook on loop.
5. A good positioned splint allows normal finger movement and is not too tight
6. Cut off the excess strap length

### **Care & Cleaning**

Remove aluminium stay from the pocket and fasten straps. Machine-wash at 30°C (delicate fabrics) or hand-wash in lukewarm water and mild soap. Rinse thoroughly. Do not wring. Dry at room temperature. Be sure the brace is completely dry before re-applying it.