

## Thumb Spica Splint

### Indications

- Ligament injuries (sprains), and instabilities of the MCP (i.e. ski thumb) or saddle joint of the thumb
- Arthrosis of the radial carpal or MCP joint.

### Contraindications

- Severe sprains that demand total immobilisation.
- 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

The thumb spica is a universal left / right version

1. Feed the strap first through the D-ring
2. Slide the hand in the support and position the tip of the thumb in the area behind the small elastic band.
3. Close the strap around the thumb with moderate tension
4. Check the position of the splint: distal edge just underneath the IP joint of the thumb and the body of the splint balanced symmetrically over the basis of the thumb
5. Wrap the strap around the wrist to stabilise the support

### Care & Cleaning

Fasten closure straps. Machine-wash at 30° C or hand-wash in lukewarm water and mild soap. Rinse thoroughly. Do not wring. Dry at room temperature. Be sure splint is completely dry before re-applying it.