

## **D-ring Wrist & Thumb Brace**

### **Indications**

Thumb ligament injuries (sprains), acute or chronic inflammation of the wrist or metacarpal bones (rhizarthosis). Tendonitis and tenosynovitis in the thumb and wrist, and post-operative immobilisation. Secondary care after fracture treatment at the thumb or basis of the thumb

### **Contraindications**

- Severe sprains
- Immediate treatment following fractures
- Patients known to be sensitised to natural rubber.

### **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.
- This product contains natural rubber, which may cause allergic reactions.
- 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.
2. Remove both metal stays from the splint and adjust shape according to the patient's anatomy of the wrist and thumb. Re-insert these again in the pockets.
3. Insert the straps in the D-rings, pull the brace over the hand and place the thumb in the thumb part
4. Tighten the top and bottom straps and attach to the hook. Wrap the centre strap around the wrist with moderate tension
5. Finally, wrap the strap around the thumb.
6. A good positioned splint allows normal finger movement and is not too tight
7. Cut off the excess strap length

### **Care & Cleaning**

Remove aluminium stays 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 splint is completely dry before re-applying it.