

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 care after fracture treatment

Contraindications

- Severe sprains
- Immediate treatment following 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. Remove metal stay from the splint and adjust shape according to anatomy of the wrist or specific resting position requirements. Re-insert again in the pocket.
3. Insert the straps in the D-rings and pull the brace over the hand with the thumb through the opening
4. Attach the top and bottom straps to the hook, and wrap the centre strap around the wrist with moderate tension
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.