

# Instructions & Care Plan for the **Comfy™ HAND-THUMB FINGER ORTHOSIS** (HT101 & HT102)



1. Write patient's last name on splint cover. Open Velcro straps 2. The extra thumb tab (arrows) that will not be used is bent downward into the underside of the Orthosis so that it is out of the way. (The left sided one for the left hand and the right one for the right hand). The unused tab will now be out of the way.  
3. After Passive Range of Motion (PROM) to allow maximum wrist, finger and thumb extension, place the forearm and wrist on the concave surface. Then place the patient's fingers over the wider flexed end of the Orthosis. The thumb tab (arrows) is bent to support the thumb in the degree of abduction desired. The lateral wings closer to the flexed end of the Orthosis are bent upwards (Dorsally) to limit lateral mobility of the fingers.



4. Adjust the wrist and fingers to the degree of flexion/extension desired. The **Comfy™** Hand Thumb Orthosis can be adjusted and readjusted to different degrees of extension or flexion of the wrist and finger joints as desired. Merely press the Orthosis against a firm edge (e.g. table, countertop or chair edge) while firmly holding and leaning on both ends. Do not remove insert from fabric cover, as all positioning can be done while the insert is in the cover. The wrist and hand portions can be adjusted independent of each other. Several adjustments can be performed rapidly to obtain the desired optimal angulation.
5. If the finger separator attachment is required, place the elastic loop of the attachment through the distal strap (i.e. the strap across the fingers). Then slide the elastic loop over the wider flexed end of the Orthosis.
6. Once the desired angulation for the wrist and fingers is achieved, wrap the straps around the hand, wrist and forearm, and secure with Velcro. The strap across the fingers can be wrapped straight across the fingers or obliquely over the “wings” of the Orthosis. It is suggested that the therapist maintain a two finger space under the straps to prevent excessive pressure areas on the patient’s skin.
7. Check Comfy™ splint every two hours for pressure areas, edema, or skin irritation. If signs of redness, increased swelling or pain appear, discontinue use and notify physician.
8. The Terrycloth cover can be washed by hand or machine in lukewarm water. Do not use bleach or hot water. Air or tumble dry on cool or warm setting. The insert can be cleaned by wiping both sides with a solution of warm water and detergent or with disinfectant. *If any of the metal frame becomes exposed, cease using the device.*

## CARE PLAN

**INTRODUCTION:** The **Comfy™** Hand Thumb Orthosis is a patient specific product that can be easily fitted and labeled for single patient use upon order of a physician. It should be used only in connection with a care plan and custom fitting instructions by a trained health care professional.

**INDICATIONS:** This Splint is to be used to position and support hands that present with Wrist, MP, PIP or DIP flexion pattern, ulnar deviation, wrist drop, ulnar deviation, arthritic changes or any deformity related to neuromuscular impairment.

**RESULTS:** The **Comfy™** Hand Thumb Orthosis will help increase/maintain wrist, MP, PIP and Dip extension. It also prevents further deformity, maximizes ROM, and makes maintenance of good hygiene of the involved extremity easier. The terry cloth cover helps absorb moisture and allows for air circulation, thereby helping prevent skin maceration.

**CONTRA-INDICATIONS:** The **Comfy™** Hand Thumb Orthosis should not be used if the patient has any circulatory problems, pressure areas or skin irritations.

**FITTING INSTRUCTIONS:** The **Comfy** Hand Thumb Orthosis should be applied and *fitted only by a trained professional*. Fit and shape Orthosis according to patient’s requirements and as indicated in instructions. Check Orthosis fit and place two fingers under strap to ensure strap is not too tight.

**WEARING TOLERANCE:** Check Orthosis at least every two hours until removed, to see if there are any problems such as skin abrasions, redness, blisters, or increased edema (if straps are too tight). With patients who have sensory deficits, the Orthosis should be checked more frequently.

**MAINTENANCE OF ORTHOSIS:** The Cover of this **Comfy™** Orthosis is designed to be removable for laundering. The fabric cover can be washed by hand or by machine in lukewarm water. Do not use bleach or hot water. Air or tumble dry on cool or warm setting. The bend-able white insert can be cleaned by wiping both sides with a solution of warm water and detergent or with disinfectant. If any of the metal frame becomes exposed, cease using the device.

**The Comfy™ Hand Thumb Orthosis requires a physician prescription and should be applied and supervised by a trained healthcare professional.**

*If signs of redness, swelling or pain appear discontinue use, and notify physician.*



# Comfy™ Assessment Form Upper Extremity Orthoses



**Patient Name:** \_\_\_\_\_ **HICN #:** \_\_\_\_\_ **Room #** \_\_\_\_\_

**Facility:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Primary Diagnosis:** \_\_\_\_\_ **Secondary Dx:** \_\_\_\_\_

**Prognosis:** Good \_\_\_\_\_ Fair \_\_\_\_\_ Poor \_\_\_\_\_

**Mobility:** Ambulatory \_\_\_\_\_ Wheelchair confined \_\_\_\_\_ Bed confined \_\_\_\_\_

**Communication:** Makes Needs Known \_\_\_\_\_ Unable to make needs known \_\_\_\_\_

**U.E. Sensation:** Intact \_\_\_\_\_ Moderately Impaired \_\_\_\_\_ Severely Impaired \_\_\_\_\_

**U. E. Active R.O.M.:** WNL \_\_\_\_\_ Mildly Restricted \_\_\_\_\_ Severely Restricted \_\_\_\_\_

**U. E. Passive R.O.M.:** WNL \_\_\_\_\_ Mildly Restricted \_\_\_\_\_ Severely Restricted \_\_\_\_\_

Diagnosis	Rt	Lt	Severity/Comments
Wrist drop			
Wrist Contracture			
MP Contracture			
Finger jnt. Contracture			
Elbow Contracture			
Decr. muscle strength			
Decr. ADL function			
Joint Pain			
Ulnar/Radial Deviation			
Pressure Sores			
Hygiene deficits			

Treatment Goals
Prevent Fixed Contractures
Support Flaccid Hand, Wrist, or Elbow
Manage Arthritic Joint Deformities
Decrease pain
Control Ulnar or Radial Deviation
Improve Muscle Strength
Improve A.D.L. Function
Increase Range Of Motion
Decrease Pressure Areas
Increase Hygiene
Increase U.E. function

**Treatment Plan:**

- |  |  |   |
|--|--|---|
| _____ Wrist-Hand-Finger Orthosis (H101)    | _____ Finger Separator (FS1)                 | _____ Hand Thumb Orthosis (HT101)           |
| _____ Finger Extender Hand Orthosis (F101) | _____ Long Pan Hand Orthosis (LPH101)        | _____ Long Opponens Hand Orthosis (LOPH101) |
| _____ Dorsal hand Orthosis (DORSH101)      | _____ Opposition Thumb Hand (OPH101)         | _____ Comfy Grip hand Orthosis (OPH101)     |
| _____ Slim Hand (CHSlim)                   | _____ Slim Wrist (CWSlim)                    | _____ Spring Loaded hand Orthosis (SH101)   |
| _____ Deviation Standard Hand (DH101)      | _____ Deviation Finger Extender (DF101)      | _____ Elbow Hand Combination (EH101)        |
| _____ Elbow Orthosis (E101)                | _____ Goniometer Elbow Orth. (GE101)         | _____ Push Button Goni. Elbow (PBGE101)     |
| _____ Spring Loaded Elbow (SGE101)         | _____ Adjust Hinge Elbow Orthosis (Adj-E101) | _____ Dynamic Torque Elbow Orth. (Torq1-E)  |

*Observe from 15 min to 30 min intervals; Then Graduate to 1-2 hr Intervals; Remove and check for pressure areas every shift.*

I certify active treatment of this patient. This equipment is part of my recommended treatment and is "reasonable and medically necessary". The above information is true and accurate, to the best of my knowledge.

**Physician's Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **UPIN#:** \_\_\_\_\_

**Address:** \_\_\_\_\_