

CARE AND CLEANING

- ▶ Exos braces are waterproof and may be worn during bathing or swimming. After immersion, loosen the brace and thoroughly rinse out any saltwater, lake water, chlorinated pool water, and soap or shampoo. Towel dry the exterior of the brace. While the brace is loose, use a hair dryer set on high volume and on warm setting to thoroughly dry the skin under the brace and the interior of the brace. Failure to properly wash and dry Exos Braces can result in odor and possible skin issues.
- ▶ If exposed to heat over 130°F (55°C), the Brace may begin to soften and lose its desired shape. If this occurs, it can be reheated and reformed as often as necessary.
- ▶ Do not expose brace to moisturizers, chemicals, or solvents, as they may affect durability.



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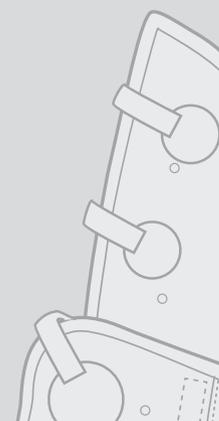
no. 10020 Rev C

PRECAUTIONS

- ▶ To be fitted by a certified caregiver or health professional who is familiar with the intended purpose. The caregiver is responsible for providing wearing instructions to the patient and any others involved in the patient's care.
- ▶ The Brace should be appropriately sized to the patient before forming to assure proper support, comfort and function.
- ▶ After heating, the caregiver should ensure that the Brace is not too hot for application to the patient's skin by testing before such contact is made.
- ▶ Do not heat Exos products to greater than 212°F (100°C).
- ▶ Do not use if patient has known hypersensitivity to foams, adhesives, or plastic products.
- ▶ Seek evaluation and discontinue use if unusual swelling, increasing discomfort, or discoloration appears.
- ▶ Seek evaluation and discontinue use if the device causes increased pain or numbness in the hand or thumb.
- ▶ Device should be replaced if cracks or breaks occur.
- ▶ If using adhesive wound closure systems, ensure that the bonding material has dried COMPLETELY before applying the Brace over the affected area. Failure to do so may result in injury to the underlying skin.
- ▶ If the patient is instructed not to loosen the Brace, they should be advised not to get the Brace wet.

INDICATIONS AND FEATURES

- ▶ The Boxer's Fracture Brace (BFB) is used to stabilize fractures to the 4th and/or 5th metacarpal (MC) bones and the respective metacarpal-phalangeal (MCP) joints of the hand. This pre-fabricated, custom-molded orthoses is designed to provide superior fit and support compared to plaster, fiberglass, or pre-made braces. The ulnar gutter portion of the BFB allows the caregiver to achieve greater than 70° of flexion at the MCP joints of the 4th and 5th digits. Surgical consultation is advised if there is any question of the appropriateness of conservative management.
- ▶ Exos Braces are radiolucent and do not need to be removed for X-ray imaging.
- ▶ Does not contain latex.



BFB

INSTRUCTIONS INSIDE

BOXER'S FRACTURE BRACE

antimicrobial treated*

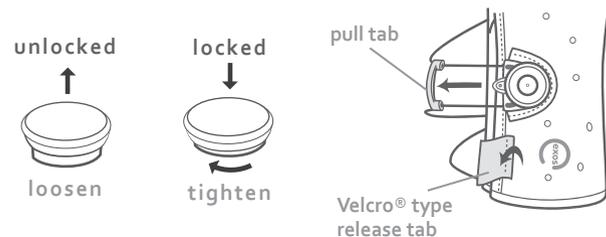
AEM 5700 Antimicrobial EPA #: Reg. #64881-1

*Antimicrobial treatment inhibits growth of odor causing bacteria and is intended to protect the Brace. Antimicrobial treatment does not extend protection to the skin.



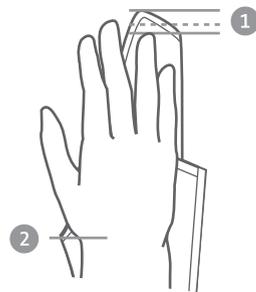
OPERATING BOA® LACING SYSTEM

To loosen, lift Boa® knob to unlocked position and use pull tab to simultaneously release cables to their full extent. Pulling only one cable may result in reel malfunction. To tighten, push knob down until it clicks and turn clockwise. Use pull tab to evenly remove slack from cable while tightening. To micro-adjust tension, lift knob to unlock cable and retighten as desired. Knob must be in the down locked position when wearing Brace. The BFB is equipped with a Velcro® type release tab that allows the Brace to open more fully. Replace cable into hook/loop closure when tightening brace on the arm.



HEATING

To heat Brace, fully extend cable, open the Brace completely and place in Exos Oven (other ovens not recommended). Pre-heating oven is not required. Follow heating and operation instructions posted on the Exos oven. The Brace will be properly heated in about 5 minutes but may be safely heated for up to 15 minutes while patient is being prepared. Avoid heating Brace for more than 15 minutes. Proper heating temperature is 200°F (93°C).



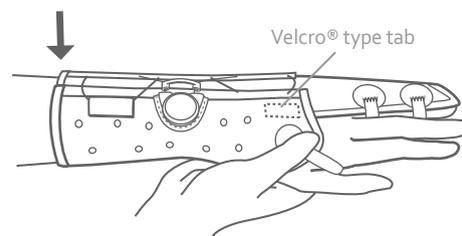
1 BRACE LENGTH ADJUSTMENT

The BFB provides adequate length to extend past the fingers of most patients for protection. The Brace may be shortened to accommodate various finger lengths or to mobilize the digits. To determine if shortening the finger length is needed, lay the hand along the Brace aligning the wrist and fingers as shown. Typically 1/8" to 1/4" of length will be lost when the Brace is formed. If excess length exceeds 1/4", the Brace may be cut to length with a scissors when warm 1. Cast shears are often dull and don't work well. Exos edge tape can be used to cover the cut edges. On subsequent office visits, the Brace can be shortened and remolded to a different angle for increased mobility as healing progresses.

2 APPLICATION

Remove Brace from oven. It should be pliable and comfortably warm to the touch. Move quickly to have enough time to properly mold the 70° angle. Open fully and slide on to extremity until the base of the CMC joint (thumb) is even with the base of the thenar opening of the Brace 2. Push the Boa® knob down and tighten just

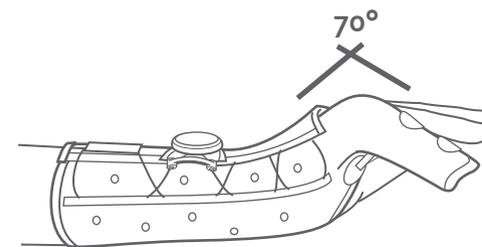
FITTING AND FORMING



enough to remove slack. Circumferentially draw the overlapping edges around the wrist and arm. **DO NOT TIGHTEN BRACE FULLY WITH THE BOA® REEL WHEN WARM. USE THE HANDS TO FORM AND COMPRESS BRACE PROPERLY. Tightening Boa® Reel while Brace is still warm will result in uneven forming and wrinkles.** Ensure that the overlap is smooth, that there are no folds underneath, and that the edges of the overlap are aligned evenly (as shown at the arrow) so the Brace is not twisted on the arm. To aid in positioning, lift the Velcro® type tab, then secure to Brace as desired over the 4th or 5th metacarpal.

3 MOLDING

Use the thumb and forefingers to simultaneously reduce and hold fracture while cocking the wrist. Mold the finger portion around 4th and 5th fingers and align as desired to support the fingers and metacarpal bones. A typical angle of 70° degrees is shown but may be varied as desired. Adjust the straps over the fingers so they are comfortably snug. This will reduce motion and stabilize the fingers.



Press lightly with the thumb and forefingers into the palm and top of the Brace to limit wrist movement. As the Brace cools and begins to harden, the Boa® Reel may be tightened incrementally. The hand forming process should continue until Brace is fully hardened in about 4 - 5 minutes. Once Brace is hardened, the Boa® Reel may be tightened as desired.

Note

The Brace should not be worn too tightly. Allow for some space between the Brace and the arm to avoid shear forces to the skin.

- 4 Adjust the thumb strap position so the webbing section is comfortably snug (but not tight) to reduce motion and stabilize the wrist.

A hair dryer may be used to heat small areas and edges to adjust fit. Remove from patient to do so.

Note

Brace may be reheated and remolded as needed. Exos Braces are radiolucent and can be left on for X-ray imaging.

**DO NOT HEAT BRACE ON THE BODY!
DO NOT OVERHEAT!**

PROPER CARE

If patient bathes or swims with the Brace on, it should be partially loosened and rinsed sufficiently to allow soap, cleaners, chlorine, salt water or bacteria to be washed away. The skin and inside of Brace must be dried.

It is imperative that the inside surface of the Brace and the skin underneath it be completely dry and void of moisture.

- 1 Adjust the Boa® closure until there is ample space between the Brace and skin for air flow. Using warm water, rinse the Brace thoroughly.
- 2 Using a hair dryer set on high volume and warm setting, blow air through both ends of the Brace and through air holes until the skin and inside of Brace is completely dry.
- 3 Retighten the Boa® closure until Brace is comfortably supportive.

Note

If the patient is instructed not to loosen the Brace, they should also be advised not to get the Brace wet.

