

FREEDOM™ Arthritis Support

Directions for Applications, Use and Care

Application

Use this splint to support and maintain the wrist and the fingers in neutral position during an acute flare-up of rheumatoid arthritis. Also, use this splint to support, protect and maintain warmth at the wrist and the MP joints during an exacerbation of arthritis.

How to Use

1. Undo all Velcro® closures and place the splint on a flat surface. Position the MP overwrap ("C" on diagram) and splint buckles on the ulnar side of the hand. (Figure 1) Loosely attach the wrist straps, (1 and 2 on diagram). Slide the hand into the splint as if donning a glove. Position the thumb through the thumb hole. Pull wrist straps until snug.
2. Position Tab A between the middle and ring fingers. Secure the Velcro® end of the tab to the splint fabric, as indicated. This tab is used to simultaneously align the index and middle fingers in neutral, (Figure 2).
3. Pull Tab B between the ring and little fingers. Secure the Velcro® end of the tab to the splint fabric, as indicated.
4. Pull Tab C (the MP overwrap) across the knuckles and attach to the Velcro® loop on the palmar surface. This tab should be snug but comfortable, (Figure 3 & 4).

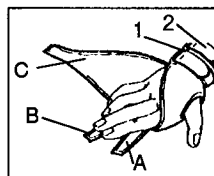


Figure 1

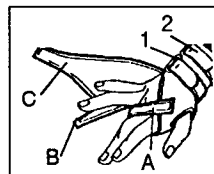


Figure 2

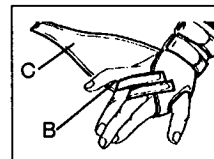


Figure 3

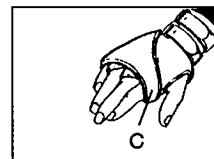


Figure 4

Care

To Wash the Splint: Hand wash using mild detergent. Rinse and air dry. To machine wash, use cold setting, gentle cycle. Prior to washing, attach all Velcro straps so that lint cannot accumulate in the teeth of the Velcro hook.

To Reorder

To determine size, measure wrist circumference. Small, 5½"-6½"; Medium, 6½"-7¼"; Large, 7¼"-8¼".

- | | | |
|---------------|----------------|---------------|
| #5933 Small L | #5935 Medium L | #5937 Large L |
| #5932 Small R | #5934 Medium R | #5936 Large R |

Splint: nylon and foam. Straps: nylon. Interior stay: polypropylene.

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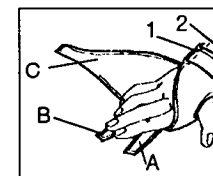


Figure 1

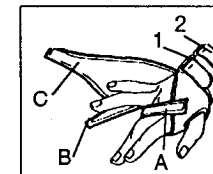


Figure 2

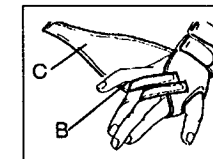


Figure 3

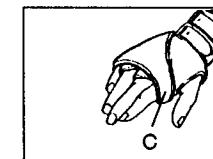


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