



Instructions and Care Plan for the Comfy™ Comfy Grip Hand Orthosis (C Grip-R, C Grip-L)



1. Write patients last name on splint cover and open Velcro straps.
2. After Passive Range of Motion (PROM) to allow maximum wrist and finger extension, place splint along the inside flexor surface of the hand (make sure you have L or R splint)..
3. Adjust the wrist to the degree of flexion/extension desired. The **Comfy™ Grip Hand Orthosis** can be adjusted and readjusted to different degrees of extension or flexion of the wrist 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. Several adjustments can be performed rapidly to obtain the desired optimal angulation.
4. If fingers are flexed tightly over the top of the splint and there is not enough finger extension to use an insert, use the splint with no insert. In this way the splint will keep finger and nails away from the palmar surface and prevent skin breakdown and infection.
5. If fingers can be extended more, use the smaller or larger inserts. To put on the insert, simply put the left or right wing of the Orthosis into the opening in the bottom of the insert. Push as far to the right or left as possible.
6. If increased extension is desired, remove smaller insert, and place larger insert over the wings as detailed in step 5.
7. Once the desired wrist angulation and finger extension have been obtained, secure splint on hand and wrist with Velcro straps. Place the strap over fingers to prevent fingers from moving.
8. Check **Comfy™ Grip Hand Orthosis** every two hours for pressure areas, edema, or skin irritation. If signs of redness, increased swelling or pain appear, discontinue use and notify physician.
9. The 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.*



Comfy™ Grip Hand Orthosis requires a physician prescription and should be applied and supervised by a trained healthcare professional. *If any of the metal frame becomes exposed, cease using the device.*

CARE PLAN

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

FITTING INSTRUCTIONS: The **Comfy™ Grip Hand 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 the **Comfy™ Grip Hand 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 the **Comfy™ Grip Hand 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.

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

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Gardena, CA Comfy Grip Hand Orthosis**