



## PATIENT INSTRUCTIONS

### Metacarpophalangeal Flexion Dynasplint® System

Corporate Headquarters:  
**800.638.6771** toll-free  
**800.380.3784** fax

Canada:  
**800.668.9139** toll-free  
**905.851.3494** fax

Europe:  
**31.45.523.0418** phone  
**31.45.523.1303** fax

**www.dynasplint.com**

**IMPORTANT:** Read instructions thoroughly before wearing the Metacarpophalangeal Flexion Dynasplint® System. Be sure that the splint fits comfortably and properly. If you feel pain, numbness, swelling, or skin irritation remove the splint immediately and contact your Dynasplint® Systems sales consultant. If joint stiffness persists longer than one hour after wearing the unit, reduce the tension by 0.5 increments, approximately  $1/2$  turn. Contact your Dynasplint® Systems sales consultant if you have any questions.

DYNASPLINT® and Dynasplint® Systems are registered trademarks of Dynasplint Systems, Inc.  
Rev. 3/11



*Stretch Beyond Your Expectations.®*



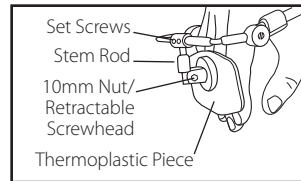
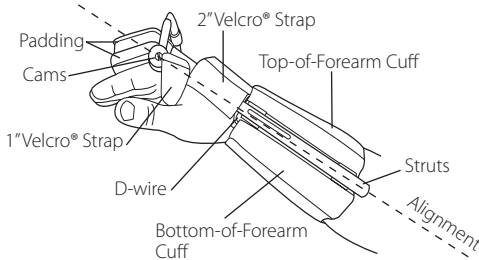
## FITTING INSTRUCTIONS

### APPLYING THE METACARPOPHALANGEAL FLEXION DYNASPLINT® SYSTEM:

**STEP 1:** Open completely or loosen top-of-forearm cuff and 2" Velcro® strap. See Figure 1.

**STEP 2:** While seated at a table, hold finger plate section in the "up" position with unaffected hand. Slide or lay the arm into the unit. The finger plate should rest on top of fingers.

**FIGURE 1.**

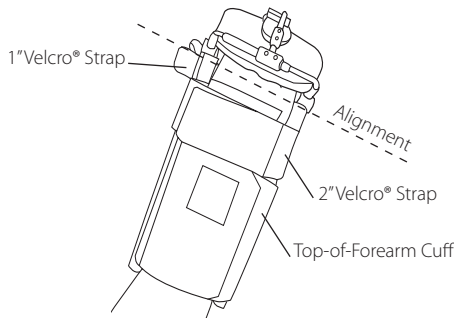


**FIGURE 1-A.**

**STEP 3:** Align the upper struts (tubes) with the midlines of the sides of the lower arm. See Figure 2.

**STEP 4:** Align the cams with the knuckle joints. See Figure 2.

**FIGURE 2.**



**STEP 5:** Pull 1" Velcro® strap around the strut and attach the Velcro® sides together. This strap is located in the palm of the hand.

**STEP 6:** With your unaffected hand, attach the Dynasplint® System to the arm by feeding the top-of-forearm cuff through the D-wire on the opposite side, attempting to tighten to the line on the cuff. Pull back firmly; fasten the Velcro® sides together.

**STEP 7:** Feed the 2" Velcro® strap on top of palm (just above the knuckles) and put through opposite side strut. Attach the Velcro® sides together.

**STEP 8:** Pull back firmly on 1" Velcro® strap located on palm side. This will come across the inside of the palm and attach to opposite strut.

**STEP 9:** Check cuffs for tightness. You should be able to slide a finger between arm and Dynasplint® System.

**STEP 10:** Check alignment. See Figure 1. The struts (tubes) should line up with centers of the sides of the arm, and the cams should be near or at the center of the sides of the knuckles.

**STEP 11:** Do not tamper with bottom-of-forearm cuff. While the Dynasplint® System is in place, the arm should not hang down. You should be inactive and relaxed while wearing the Dynasplint® System. The most comfortable position while sleeping is with the arm supported on a pillow; while sitting, with the arm supported so that it is level with the heart, making sure not to block the fingers from bending.

**REMOVING THE METACARPOPHALANGEAL FLEXION DYNASPLINT® SYSTEM:**

**STEP 1:** Open completely or loosen top-of-forearm cuff and 2" Velcro® strap.

**STEP 2:** Use unaffected hand to pull up on thermoplastic piece attached to the palmar bar to release tension.

**STEP 3:** Remove arm from splint.

Continue to follow your physician's or therapist's instructions regarding your home therapy program while wearing the Dynasplint® System. Record your comments daily on the evaluation sheet (back page of booklet) for review with your Dynasplint® Systems sales consultant.

**CLINICIAN'S PRESCRIBED TREATMENT SCHEDULE**

*These are guidelines only. Remove the Dynasplint® System if you experience pain at any time and contact your Dynasplint® Systems sales consultant.*

Tension to be initially set at \_\_\_\_\_ increments.

Patient will wear the Dynasplint® System for \_\_\_\_\_ minutes the first day.

If no more than one hour post-wear discomfort occurs, the patient may increase wear time according to the recommended daily wearing schedule, building up to an application of three to four hours two times per day, progressing to overnight application of six to eight hours. Time spent wearing the splint is the most important component in regaining range of motion.

Increase tension by 0.5 – 1 increment on both sides of the splint if less than one hour of post-wear discomfort occurs.

Decrease tension if unable to wear for extended period of time.

Maximum tension: \_\_\_\_\_.

The basic protocol outline is to provide maximum benefit from the Dynasplint® System. *Increasing tension faster does not ensure proper stretch will be applied.*

Remember to wear the Dynasplint® System while inactive, preferably with the arm and hand elevated.

Your follow-up visit is \_\_\_\_\_.

Please bring the Dynasplint® System and the completed evaluation sheet.

Sales Consultant: \_\_\_\_\_ Voicemail Number: \_\_\_\_\_

