



PATIENT INSTRUCTIONS

Dynasplint® Wrist Extension System Type II

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IMPORTANT: Read instructions thoroughly before wearing the Dynasplint® Wrist Extension 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 $\frac{1}{2}$ turn. Contact your Dynasplint® Systems sales consultant if you have any questions.

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Stretch Beyond Your Expectations.®



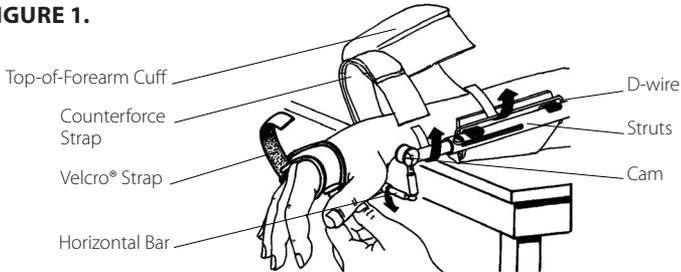
FITTING INSTRUCTIONS

APPLYING THE DYNASPLINT® WRIST EXTENSION SYSTEM:

STEP 1: Open completely or loosen top-of-forearm cuff and strap.

STEP 2: While seated at a table, hold palmar piece section in the “down” or in neutral position with unaffected hand. Slide or lay the arm into the unit. See Figure 1. The thermoplastic piece attached to the palmar bar should rest in the center of your palm.

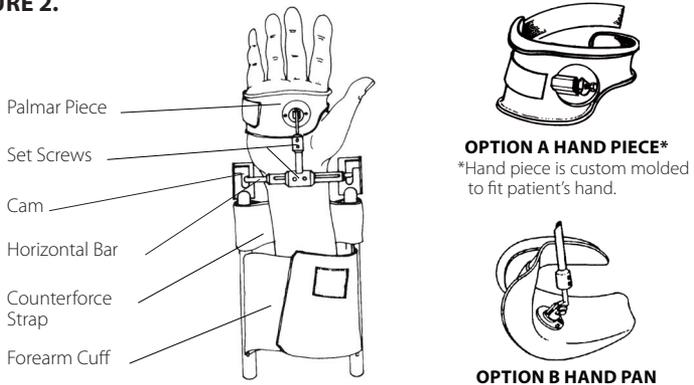
FIGURE 1.



STEP 3: Align the struts with midlines of the sides of the lower arm.

STEP 4: Slide into splint as to align the cams with the wrist joint. See Figure 2.

FIGURE 2.



STEP 5: While pressing down on the thermoplastic piece use your unaffected hand to fasten the counterforce strap to sit comfortably snug.

STEP 6: Attach the top-of-forearm cuff by feeding it through the D-wire on the opposite side. Pull back firmly; fasten the Velcro® sides together.

STEP 7: Check both the cuff and straps for tightness. You should be able to slide a finger between arm cuff and straps.

STEP 8: Check alignment. See Figure 2. The struts should line up with centers of the sides of the arm, and the cams should be at the center of the sides of the wrist.

STEP 9: 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.

REMOVING THE DYNASPLINT® WRIST EXTENSION SYSTEM:

STEP 1: Open completely or loosen top-of-forearm cuff and strap.

STEP 2: Use unaffected hand to pull down 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/hours 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 overnight application of 6-8 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 after use.

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 while sleeping. If unable to sleep in splint, maximize wear time during the day.

Your follow-up visit is _____ .

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

Sales Consultant: _____ Voicemail Number: _____

