

Accessory Kit

ACCESSORY KITS 29AK and 39AK, Left or Right INCLUDE:

- 1 ea. Foam Liner (Washable) with straps
- 1 ea. Optional MP Strap

TO APPLY ACCESSORY KIT:

1. Attach liner to adhesive strips on orthosis. (Figure 1)
2. Attach optional MP Strap to adhesive strip provided on the back side of the orthosis in the palmar area with loop away from the thumb. (Figure 2)
3. Secure all straps sewn to the liner around the back of the orthosis and over remaining adhesive strips. (Figure 3)

Figure 1 (front view)

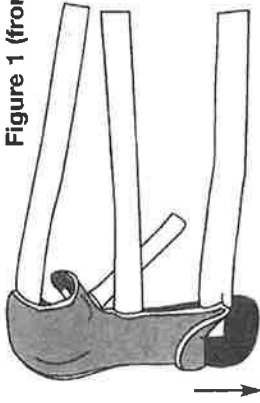


Figure 2 (back view)

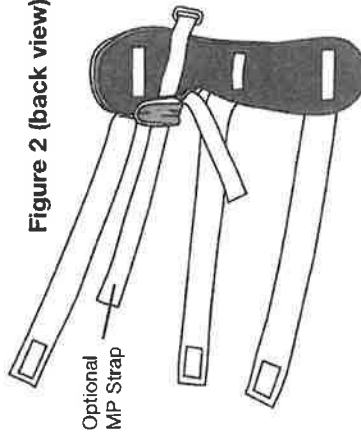
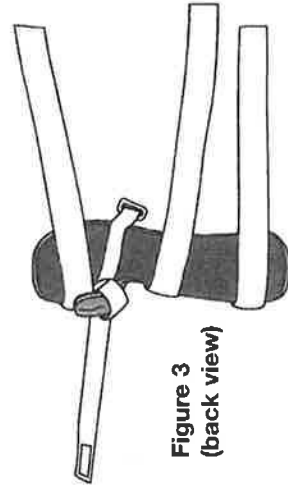


Figure 3 (back view)



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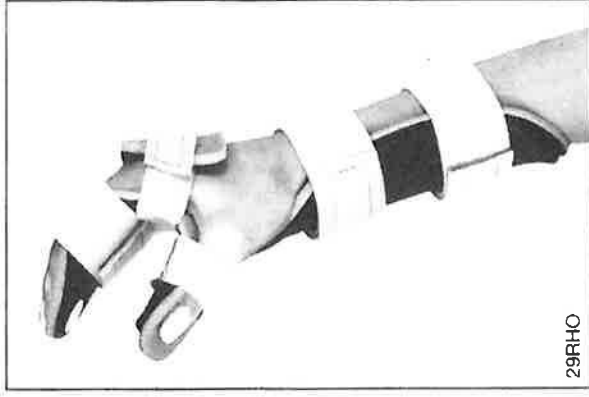
10/08 Literature may not reflect current manufacturer specifications.



Resting Hand Orthosis 29RHO

The **Resting Hand Orthosis** offers a functional resting hand position following stroke, trauma or injury, and can be used in the treatment of arthritis, burns, and early wrist and finger contractures. Constructed of a lightweight, durable Kydex® plastic, the Resting Hand Orthosis can be heat molded at low temperature to meet individual patient needs. The washable, breathable foam liner eliminates potential pressure points, while it “wicks” moisture away, keeping the skin dry and comfortable.

Replacement liners available



29RHO

U.S. PATENT #5,637,078, #5,766,142, #D-371,845

Resting Hand Orthosis 29RHO (includes orthosis and straps)

Size	Measure width of palm	Product Length	Model # Right	Model # Left
Toddler	1 ½ – 1 ¾" (3.2-4.4 cm)	7" (17.8 cm)	29RHO-T-R	29RHO-T-L
Child	1 ¾ – 2" (4.4-5.1 cm)	8" (20.3 cm)	29RHO-C-R	29RHO-C-L
Youth	2 – 2 ½" (5.1-6.4 cm)	9" (22.9 cm)	29RHO-Y-R	29RHO-Y-L
Ex. Small	2 – 2 ½" (5.1-6.4 cm)	10" (25.4 cm)	29RHO-ES-R	29RHO-ES-L
Small	2 ½ – 3" (6.4-7.6 cm)	11" (27.9 cm)	29RHO-S-R	29RHO-S-L
Medium	3 – 3 ½" (7.6-8.9 cm)	11 ½" (29.2 cm)	29RHO-M-R	29RHO-M-L
Large	3 ½ – 3 ¾" (8.9-9.5 cm)	13" (33 cm)	29RHO-L-R	29RHO-L-L
Ex. Large	3 ¾ – 4 ¼" (9.5-10.8 cm)	14 ½" (36.8 cm)	29RHO-XL-R	29RHO-XL-L

Resting Hand with Finger Separators 39SRH (includes orthosis and straps)

Small	2 ½ – 3" (6.4-7.6 cm)	11" (27.9 cm)	39SRH-S-R	39SRH-S-L
Medium	3 – 3 ½" (7.6-8.9 cm)	11 ½" (29.2 cm)	39SRH-M-R	39SRH-M-L
Large	3 ½ – 3 ¾" (8.9-9.5 cm)	13" (33 cm)	39SRH-L-R	39SRH-L-L
Ex. Large	3 ¾ – 4 ¼" (9.5-10.8 cm)	14 ½" (36.8 cm)	39SRH-XL-R	39SRH-XL-L

HAND WASH WITH MILD SOAP & WATER

Application

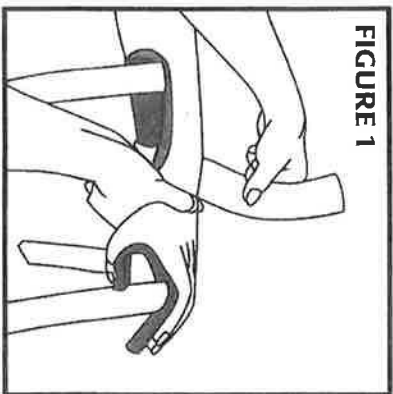


FIGURE 1

1. Determine size of orthosis by measuring width of palm.
2. Pre-position fingers and thumb by manually stretching and extending fingers while placing in orthosis.
3. Firmly place wrist in orthosis and attach wrist strap. (See Figure 1)
4. Attach finger strap and optional MP strap over hand. (See Figure 2)
5. Secure thumb strap around thumb.
6. Secure remaining forearm strap. (See Figure 3)
7. Check thumb and fingertips for excessive pressure and/or blanching.



FIGURE 2

5. Secure thumb strap around thumb.
6. Secure remaining forearm strap. (See Figure 3)
7. Check thumb and fingertips for excessive pressure and/or blanching.

HEAT MOLDING:

Remove orthosis from patient. Remove liner and straps. Hold heat gun 2-4 inches over areas to be molded and heat evenly for approximately 30 seconds. Bend Kydex® to desired shape and allow to cool. Reheat and adjust if necessary.

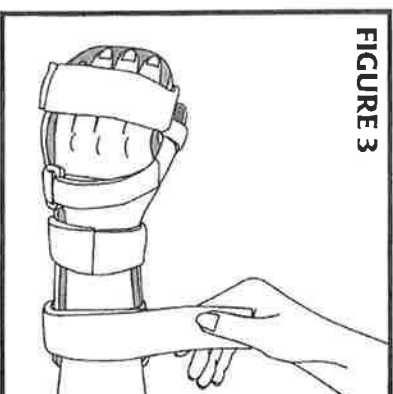


FIGURE 3

NOTE: Finger Separator Liner 39AK will fit models 29FRHO and 39SRH. The finger separators promote finger abduction and skin integrity. To adjust separators, lengthen separator slots in liner and reposition higher or lower as needed.

Care Plan

FOR TREATMENT OF MODERATE AND/OR EARLY WRIST FLEXION CONTRACTURES AND/OR FINGER & THUMB CONTRACTURES

PATIENT PROBLEM

Moderate and/or early wrist flexion contractures and/or finger and thumb contractures.

EXPECTED OUTCOME

1. Reduce wrist, finger and thumb contractures.
2. Maintain functional wrist, finger and thumb alignment.
3. Encourage skin integrity and facilitate hand hygiene.
4. Prevent permanent deformity.

NURSING ACTIONS

1. Passive range of motion to wrist fingers and thumb Q8H or as prescribed by physician.
2. Treatment per physician's orders.
3. Apply orthosis as per instructions enclosed.
4. Check for correct placement of orthosis at wrist.
5. Check to ensure no pressure points have occurred.
6. Remove Q4H or per physician or therapy order.
7. Passively stretch wrist, finger and thumb joints each time before applying orthosis.
8. Document progress in chart.

NURSING ALERT

1. Wearing time may be increased according to patient's tolerance and response.
2. Intent of wrist strap is to hold hand in orthosis, not to apply pressure. It is a means of support to the wrist in the device, but not to force joint in position.
3. Wrist strap should be firm but not tight enough to cause pressure or blanching of skin.