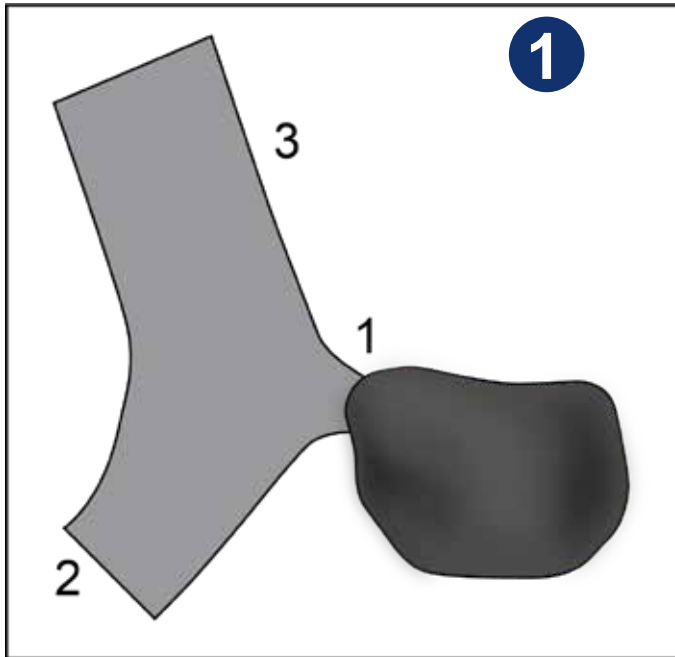


# Tips & Tricks

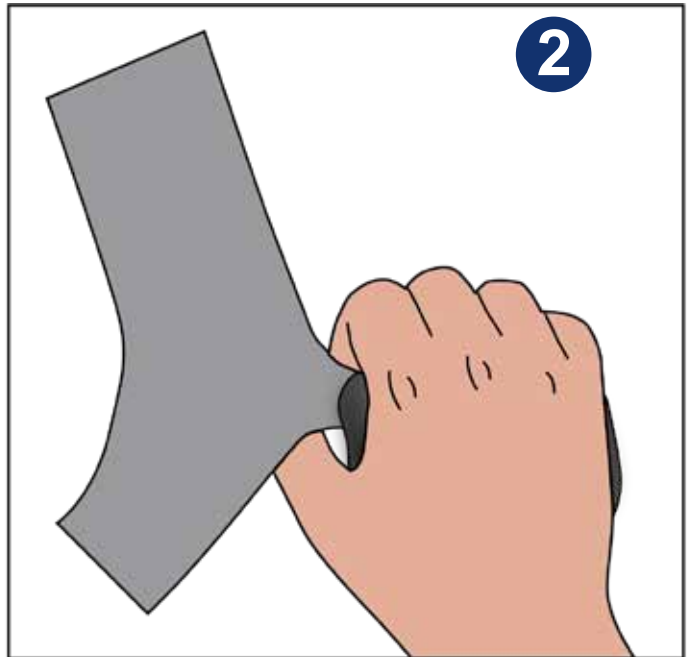
## S.O.T thumb orthosis

### FITTING

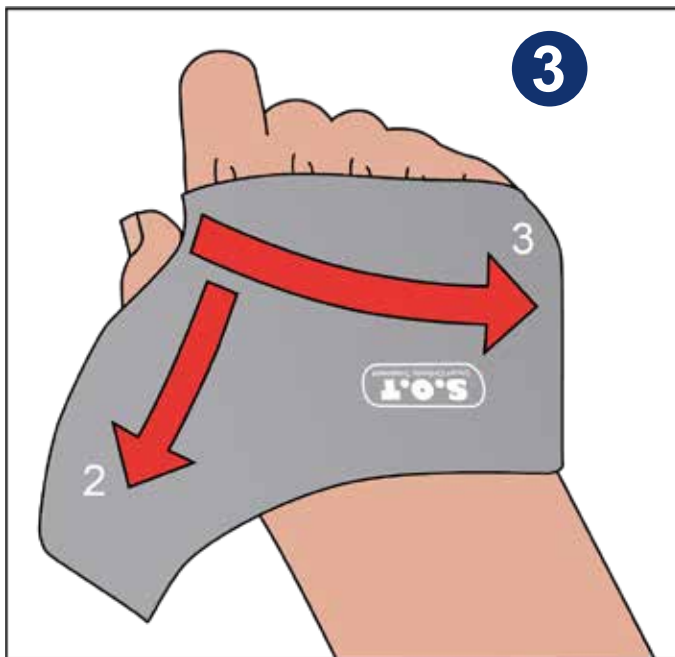
To ensure optimal function it is important that the cover is well adjusted. Attach the cover in sequences, level the thumb section (1) attached from the start. Then attach 2 and 3, and if needed adjust 1. Finally adjust and make sure it fits comfortably.



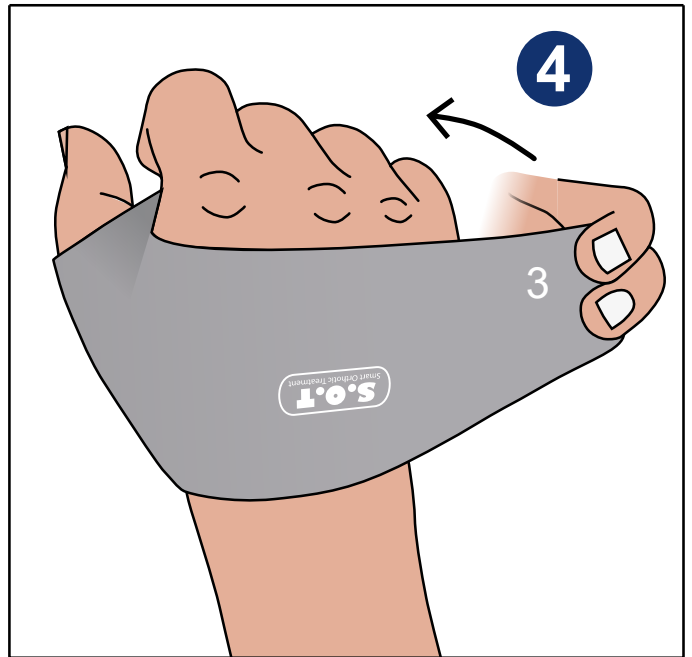
Open the wide straps 2 & 3 and leave strap 1 at its position.



Put the hand on the support.

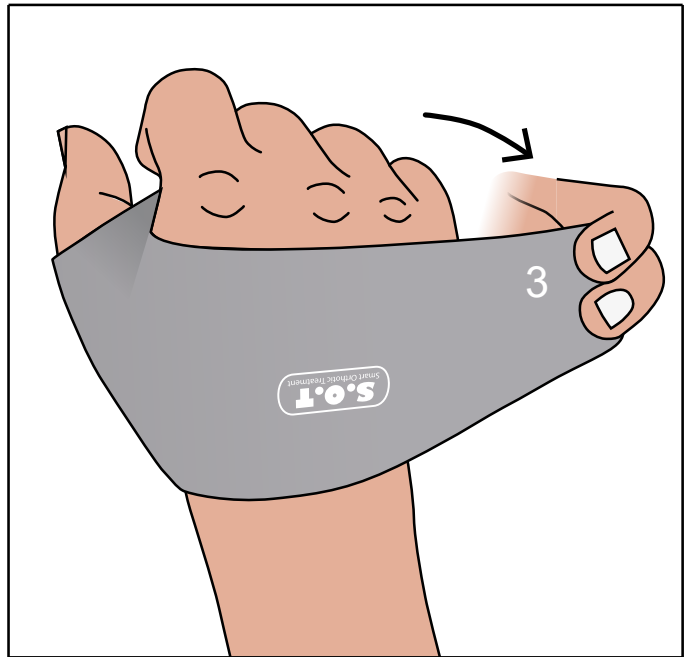
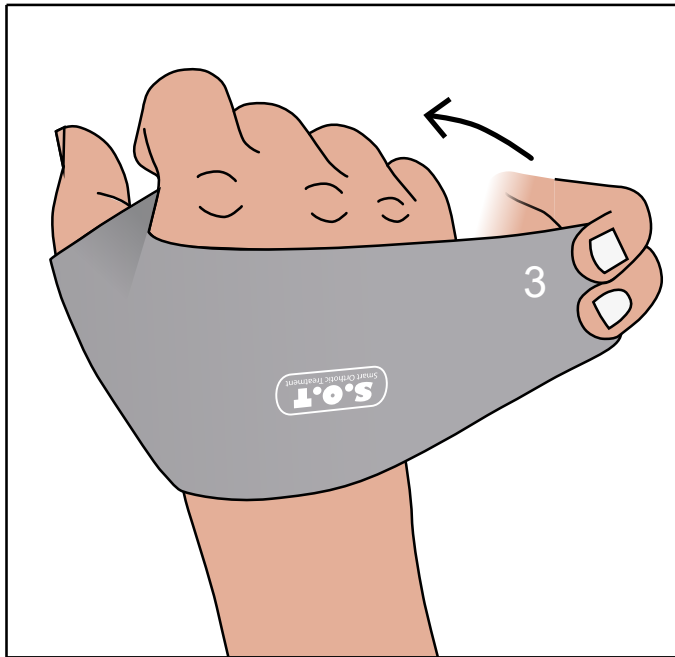


Pull the strap over the hand and attach strap 3 and then strap 2 on the Velcro on the inside of the support. Adjust strap 1 and 2 for comfort.



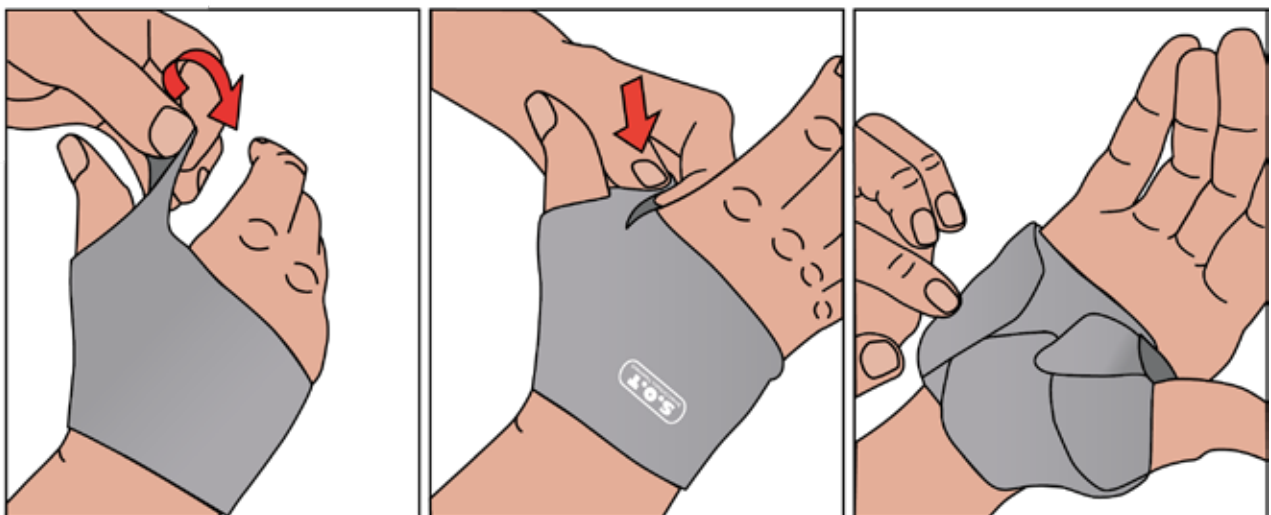
## PUT ON

## TAKE OFF



For donning and doffing, after initial fitting, only open straps on the little finger side. Strap 3.

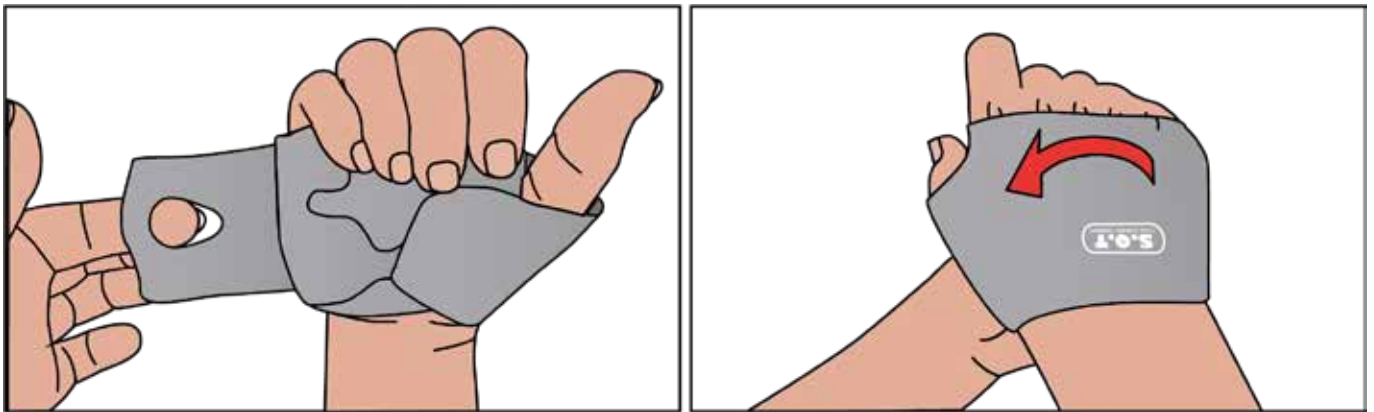
## ADDUCTED THUMB



### Adducted thumb

If the user have a very adducted thumb and the space between thumb and index finger is limited, the thumb strap can be turned to better fit the space in the thumb crease.

## LIMITED MUSCLE FUNCTION



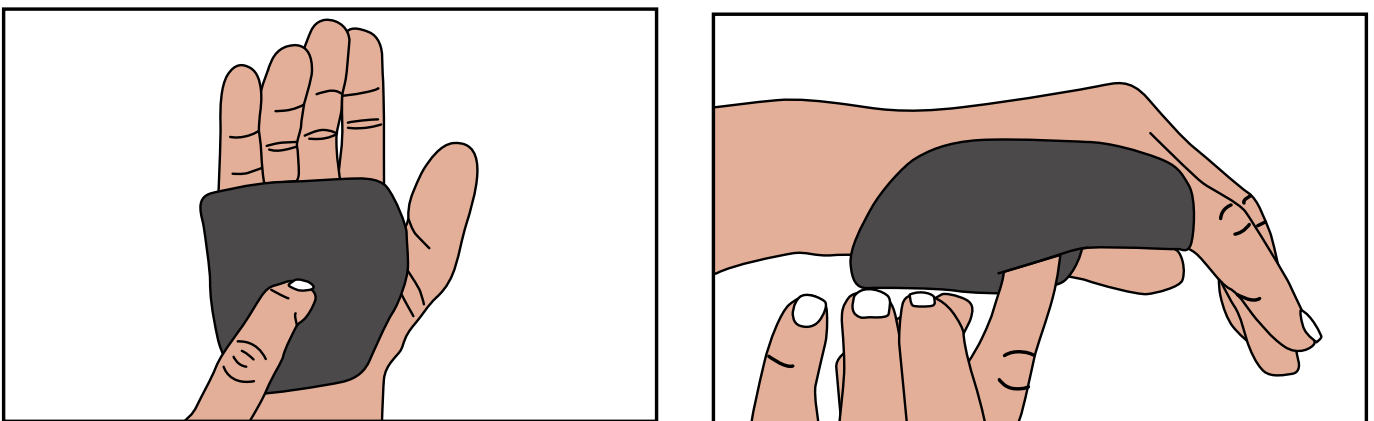
Limited hand muscle function

If the user have limited function in hand and fingers, donning and doffing can be made easier by making a hole in the material on the little finger side.

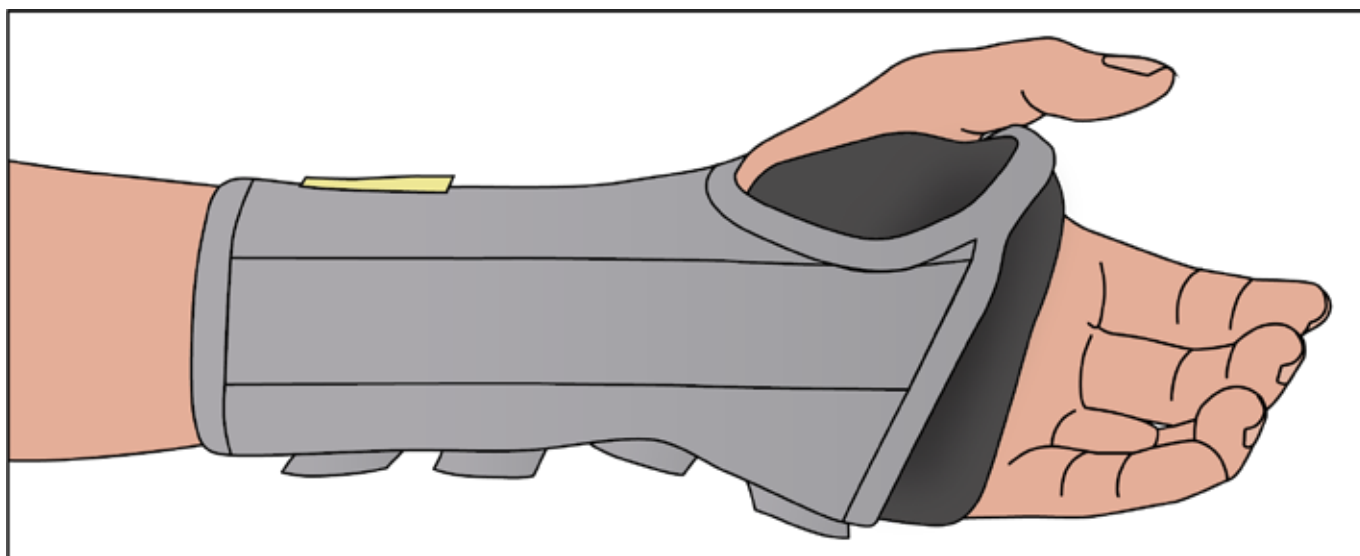
## EXTRA SUPPORT FOR MCP-JOINTS

Chose a larger size to give the user increased support for MCP dig. 2-5.

The orthosis can then give an ulnar support for the MCP-joint that also can prevent ulnar deviation.



## ADDITIONAL SUPPORT FOR THE WRIST



### **ADDITIONAL SUPPORT**

When extra support is needed for the wrist, the SOT Thumb orthosis can be used together with a wrist brace, such as 46029 Vision Wrist Support or 35207 Selection Open Wrist.

For patients with adduction contracture that developed due to forearm fracture immobilization, SOT thumb orthosis combined with a wrist orthosis may be advantageous for night-time treatment.

For patients with carpal tunnel syndrome, in addition to a wrist support, it is advantageous to off-load the finger flexors by giving support under the MCP joints and that way open up the hand to provide more space for the median nerve in the carpal tunnel during the night.

This is also beneficial in arthritis/osteoarthritis where there is a risk of intrinsic shortening. The SOT thumb orthosis cover is then removed and the product is positioned inside the wrist orthosis as shown.