

# ComfySplints™ Elbow-Hand Combination Orthosis

(Instructions and Care Plan)



1. Insert metal end of hand component into the grommet hole and metal sleeve at the end of the elbow Orthosis. Tighten the knob on the under-surface of the Orthosis.

2. Insert the foam covered end of the hand Orthosis in the clenched hand or onto the palmar (flexor) surface of the fingers. If fingers are adequately extended, use the hand roll provided to extend and support finger joints. The hand component can be used with or without the hand roll. The elastic strap on the hand roll goes over the patient's fingers.

3. Further flexion or extension of the fingers and wrist can be achieved by gradually pushing-in or pulling-out the Hand component (Hook). Adjust the degree of pronation/supination desired by loosening and tightening the knob on the under-surface of the Orthosis. An Allen wrench is provided that inserts in the center of the knob to tighten the knob optimally.



4. The **ComfySplints™ Elbow-Hand Combination Orthosis** can be adjusted and readjusted to different degrees of extension or flexion of the elbow 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 and re-adjustments can be performed rapidly to obtain the desired optimal angulation. The sides of the Orthosis can be bent inward to conform to the patient's contours for a comfortable fit.



5. If a wrist support strap is required, the loop of the strap is slid over the hand (hook) component to the level of the wrist and then wrapped around the wrist. Once the desired elbow angulation and finger extension have been obtained, secure splint on arm and forearm with Velcro® straps.

**INTRODUCTION:** The **ComfySplints™ Elbow-Hand Combination 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 **ComfySplints™ Elbow-Hand Combination Orthosis** is to be used with patients who present with elbow flexion pattern, arthritic changes and any deformity related to neuromuscular impairment.

**RESULTS:** The **ComfySplints™ Elbow-Hand Combination Orthosis** should help increase/maintain elbow 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 **ComfySplints™ Elbow-Hand Combination Orthosis** should not be used if the patient has any circulatory problems, pressure areas or skin irritations.

**FITTING INSTRUCTIONS:** The **ComfySplints™ Elbow-Hand Combination 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 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 **ComfySplints™ Elbow-Hand Combination Orthosis** is designed to be removed 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. Wiping both sides with a solution of warm water and detergent or with disinfectant can clean the bend-able white insert.

