

Instructions and Care Plan for the Comfy™ Air Hand (Air-H) Left / Right

1. Check that you have the correct splint for Left or Right hand (right hand splint has hand roll that is wider on the left side and slants down to the right, left handed splint has had roll that is wider on the right side and slants down to left.
2. Write patients last name on the splint cover and open Velcro Straps
3. Perform Passive Range of motion (PROM) to allow for maximal wrist and finger extension.
4. Bend splint at wrist to the desired degree of extension. Do not remove insert from fabric cover, as all position can be done while the insert is in the cover.
5. Place hand on splint, with fingers around the inflatable hand roll, thumb wrapped around under the hand roll.
6. Place clear part of inflation bulb into clear valve at end of the inflatable hand roll.
7. Squeeze the inflation bulb to inflate hand roll to achieve the desired degrees of finger extension.
8. Once the desired angulations of the wrist and fingers are achieved, wrap the straps around the hand, wrist and forearm and secure with hook and loop tape. The strap across the fingers is bifurcated to go above and below the end of the hand roll to provide a more secure hold of the splint.
9. Check the **Comfy™ Splint** every two hours for pressure areas, edema or skin irritation. If signs of redness, increased swelling or pain appear discontinue use and notify physician.
10. To deflate the hand roll simply place the black side of the inflation bulb into the clear valve of the hand rolls and squeeze the inflation bulb. This will remove the air from the hand roll.
11. The cover can be washed by hand or machine in lukewarm water. Do not use bleach or hot water. Air or tumble dry on cool or warm setting. The insert can be cleansed by wiping both sides with a solution of warm water and disinfectant or detergent. *Make sure to remove insert before washing the cover!*



The Comfy Air-Hand Orthosis requires a physician prescription and should be applied and supervised by a trained healthcare professional. If any of the metal frames becomes exposed, cease use the device immediately.

CARE PLAN

INTRODUCTION: The **Comfy™** Air Hand 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: This Splint is to be used to position and support hands that present with Wrist, MP, PIP or DIP flexion pattern, ulnar deviation, wrist drop, ulnar deviation, arthritic changes or any deformity related to neuromuscular impairment.

RESULTS: The **Comfy™** Air Hand Orthosis will help increase/maintain wrist, MP, PIP and Dip 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 **Comfy™** Air Hand Orthosis should not be used if the patient has any circulatory problems, pressure areas or skin irritations.

FITTING INSTRUCTIONS: The **Comfy™** Air Hand 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 this **Comfy™** Orthosis is designed to be removable 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. If any of the metal frames becomes exposed, cease using the device.

The Comfy™ Hand Orthosis requires a physician prescription and should be applied and supervised by a trained healthcare professional.

If signs of redness, swelling or pain appear, discontinue use, and notify physician.

Patents 5,733,249, 6,024,714, 6,261,253B1