

## RECOMMENDED USE.

“The **HOOK SPLINT** RMO can be applied to include either three or four fingers. The involved finger(s) can be placed in either relative flexion or extension, depending on the objective. See some examples below:

Indications for the RMO with relative **extension** include:

- Extensor tendon/sagittal band injury or repair
- PIP extension contracture
  - › 2° swan neck deformities or trauma
- Trigger finger non-operative management

Indications for the RMO with relative **flexion** include:

- PIP flexion contracture or extensor lag
  - › 2° Trauma, scar tissue/adhesions, fracture shortening, boutonniere deformities, flexor tendon repair, Dupuytren's disease (s/p fasciectomy, needle or enzyme tx) or post trigger finger release.

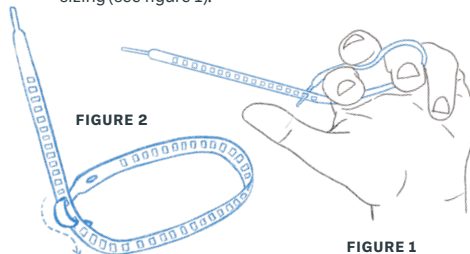
“For additional examples and videos of how to use and apply the **HOOK SPLINT** RMO, please visit our website and social media platforms.”

## HOW TO APPLY AS A RELATIVE MOTION ORTHOSIS (RMO)

### WITH MIDDLE FINGER RELATIVELY EXTENDED

#### 1. SIZING THE HOOK SPLINT.

Apply the **HOOK SPLINT** to the hand with the middle finger above the band. Slide the tab into the perforation to set orthosis size. Make a fist to test sizing (see figure 1).



#### 2. LOCKING THE FIRST TAB.

Remove the **HOOK SPLINT** from the hand and **secure the first tab by looping it downward and through the adjacent perforation** (see figure 2). Use a tool such as needle nose pliers or forceps if needed.

### 3. LOCKING THE SECOND TAB.

Overlap the remaining segment and press layers together, forming the *Rigid Zone*\* (see figure 3).  
**Secure the second tab with a simple fold, by bending it flat in the direction of the *Rigid Zone*.**

FIGURE 3

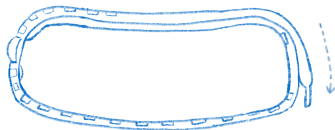
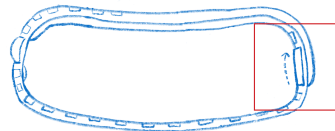


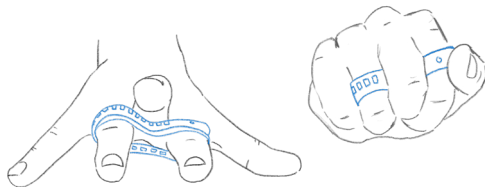
FIGURE 4



\*The *Rigid Zone* is the area of the **HOOK SPLINT** which overlaps, creating twice the thickness and rigidity.

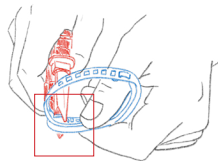
### 4. FINAL CHECK.

Reapply the **HOOK SPLINT** with the MF centered over the *Rigid Zone*. A fist is then made to mold the bridge.



### 5. CRIMPING THE TABS.

The tabs can be further secured by crimping them into the band using needle nose pliers or a similar tool for lower profile tabs.



Note: The **HOOK SPLINT** will become **MORE** comfortable over time with hand movement. The metallic core will settle and further mold actively to the hand.