

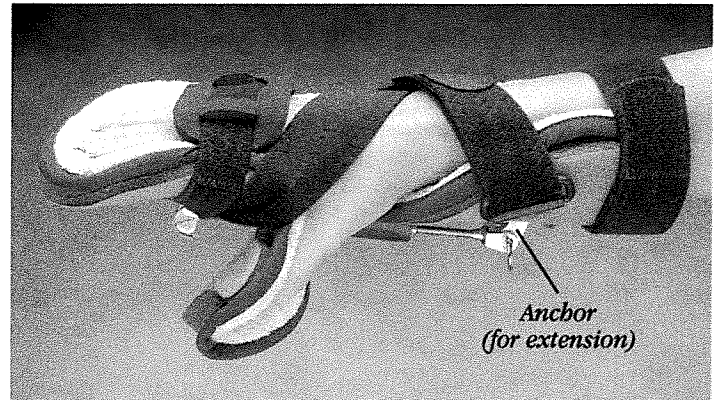
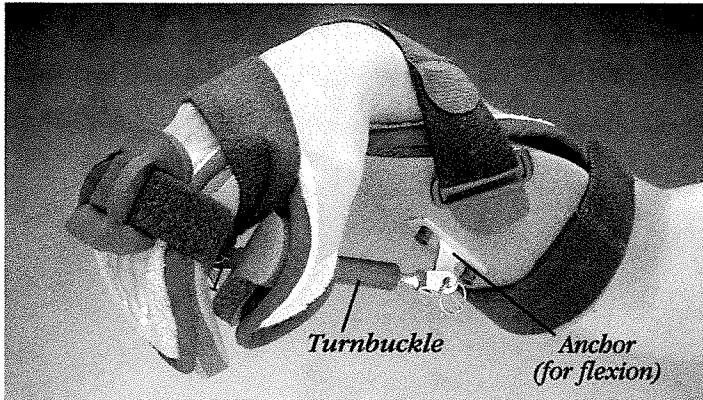


North Coast

# Progress-PLUS™ Wrist Turnbuckle Orthosis

## Indications

Use for static or static progressive positioning of the wrist and fingers/thumb to gain greater extension due to wrist and finger flexion contractures from neurological disorders, muscle hypertonicity, or orthopedic conditions. Ideal splinting choice for postoperatively limiting or preventing wrist and hand motion or for reducing neurologically induced upper extremity flexion patterning. Due to infinite adjustability using the turnbuckle, the wrist can be statically held in any position between neutral and 60° wrist flexion. Additionally, the fingers and the thumb can be progressively positioned from flexion to full extension, a benefit for Dupuytren contractures or abnormal tone reducing treatment.



## Instructions For Use

### 1. Adjust the orthosis to match the wrist angle and the fingers/thumb posture.

The orthosis comes with the turnbuckle set to achieve maximum wrist extension. Turn the turnbuckle to the desired wrist angle. To preset where the wrist should flex, bend the wrist area of the orthosis lightly by hand.

If more wrist flexion is needed:

- For the **small, medium and large** orthosis, unclip the forearm end of the turnbuckle and remove the **distal** hex screw from the attachment anchor. (A screwdriver and hex wrench may be needed to do this.) Loosen the other hex nut slightly. Rotate the attachment anchor around so the hole lines up with the predrilled hole at the end of the orthosis (Figure 1). Replace the hex screw and tighten the nut. Reattach the turnbuckle to this piece.
- For the **x-small** orthosis, unclip the forearm end of the turnbuckle and remove both hex nuts from the screws in the forearm anchor. Remove the anchor without taking the screws out. Turn the piece around so its extension angles away from the hand section (Figure 2). Tighten the nuts and reattach the turnbuckle.

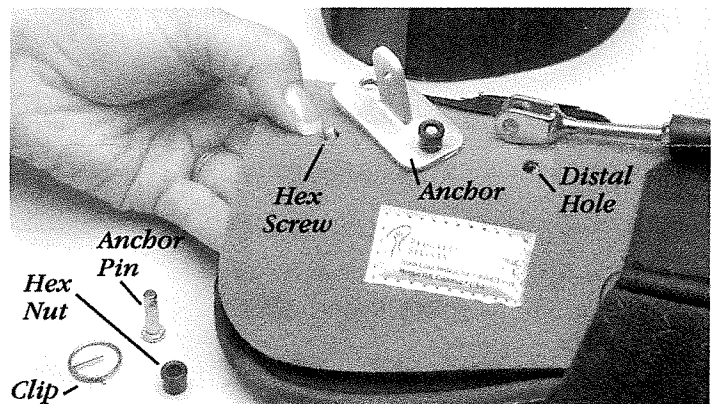


Figure 1

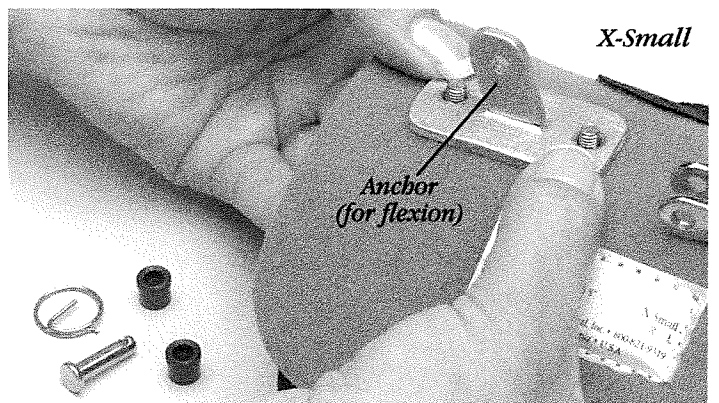


Figure 2

Gently bend the finger platform and thumb into a comfortable position. Do not bend this area rigorously or sharply as this can cause the internal metal to fatigue and break. Readjust the splint liner as needed for a smooth fit.

### 2. Apply the orthosis to the volar hand.

- Feed the hook end of the wrist strap through the corresponding D-ring and cinch it to fit comfortably. Secure the finger, thumb and forearm straps. Straps can be trimmed and relocated at the hook tab ends.
- Turn the turnbuckle to apply the needed force. Do not over tighten. Note any potential pressure areas and adjust the fit accordingly.
- To achieve greater wrist extension between changes in the turnbuckle position, adjust the wrist strap progressively tighter.
- Wearing the orthosis for one hour on and one hour off is recommended for initial use. Increase the wear time as per skin tolerance and the medical condition.