



Hand/Wrist Hand Finger Orthoses

You have been fit with a wrist hand finger orthosis. Unless otherwise instructed, please use a gradual break in schedule to allow your body to adjust to the device. Start with one hour today and increase one hour per day as tolerated. Following use, remove your orthosis and inspect your skin. There may be some skin redness from pressure areas. Redness should not persist for more than 15 minutes after removal. Redness that does not disappear can be a sign of excess pressure and should be addressed. Discontinue use if any sign of numbness, tingling, color change, excessive itching, swelling or pain develops. Please contact our office for adjustments and do not reapply orthosis. Failure to do so could lead to blisters or open sores.

This orthosis is designed to support your wrist and limit the motion of your wrist. Some orthoses are prescribed for day use, others for use while sleeping. You should wear your orthosis as prescribed by your doctor. Your orthosis can be cleaned with a wash cloth and mild soapy water. Saddle soap can be used for any leather portions. Make certain all soap residue is removed and the orthosis is completely dry before re-applying. Make certain the orthosis is reapplied properly, with all straps secured snugly.

Make sure you are comfortable with how to properly put on and take off your orthosis. Never attempt to modify your orthosis yourself.

Please inspect your orthosis daily for any signs of wear including cracking, loose parts, or decreased effectiveness of the device and call our office as needed. A check-up every 3-6 months is recommended.

If you have questions or concerns, please contact:

Arise Orthotics & Prosthetics, Inc.
8338 Highway 65 NE, Suite E
Spring Lake Park, MN 55432
(763) 755-9500 Phone
(763) 755-9510 Fax