

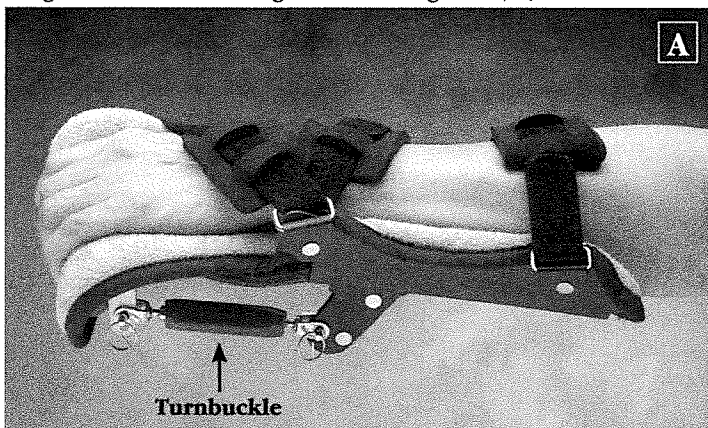


Progress-PLUS™ Wrist Extension Turnbuckle Orthosis

Indications

Use for static or static progressive positioning of the wrist and fingers/thumb to gain greater extension motion due to wrist and finger flexion contractures from neurological disorders, muscle hypertonicity, or orthopedic conditions. Ideal choice for post wrist fractures, carpal surgeries and 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 extension. Additionally, the fingers and the thumb can be progressively positioned from flexion to full extension (abduction), a benefit for Dupuytren contractures or abnormal tone reducing treatment.

Progressive extension changes shown in Figures A, B, C.



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

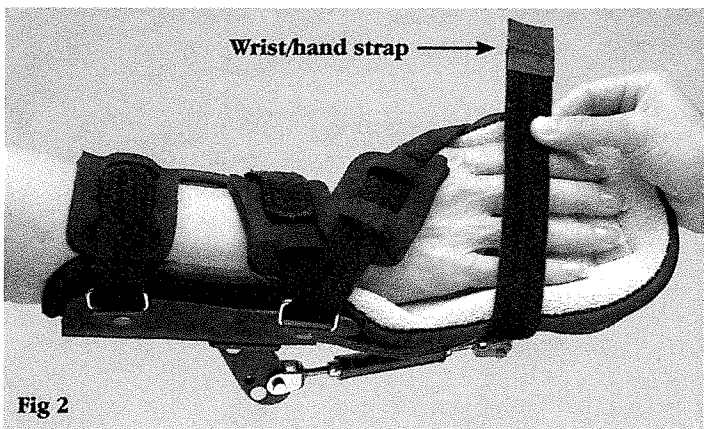
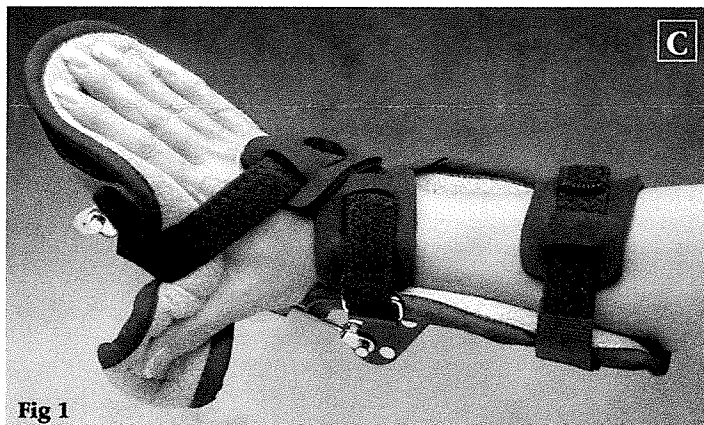
- Turn the turnbuckle to the desired wrist angle.
- Gently bend the finger platform into a comfortable position. Readjust the splint liner as needed for a smooth fit.
- Bend the thumb piece into a comfortable position. The thumb can be progressively moved into more extension for full stretch to help reduce tone or for scar tissue elongation (Fig 1). If the thumb piece is too long, the foam tip can be cut off with scissors. Then, fold and hook the liner over the edge.

2. Fit the orthosis to the hand (straps adjustment).

- Extra length for the wrist/hand strap has been provided so the fingers can be covered, if desired. Adjust strap for snug fit across wrist and diagonally over hand. Bring this strap around the finger platform (under the anchor piece) and over fingers to fasten on the loop piece behind (Fig 2 & 3). Trim strap length as needed at hook tab ends.
- Cinch and attach the hook end of the D-ring straps to fit comfortably. Slide padding pieces on the strap to increase comfort over exposed areas. Straps can be trimmed at the hook tab ends (Fig 3).

3. Turn the turnbuckle to apply the needed force:

- Do **not** over tighten or forcefully turn the turnbuckle if resistance is felt. This can damage the turnbuckle. Note any potential skin pressure areas and adjust the fit accordingly.
- To gain greater wrist extension, move the turnbuckle to different locations on the anchor piece. Simply disconnect the clip and pin holding the turnbuckle and move them to a different (i.e. distal) hole in the anchor piece. (Fig 3)
- To achieve greater wrist extension between changes in the turnbuckle position, adjust the wrist strap progressively tighter.



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4. The “Y” Strap.

Provides support for final wrist extension. Use if extension is greater than 50°. Remove the hand from the orthosis:

- Lift the liner up off the forearm area and place the hook part of the “Y” strap on the padded center section (figure 4).
- Bring the sewn “V” area of the “Y” strap around the base edge. Bring each side strap up to the finger platform. Attach the hook tab ends of each strap to the loop piece on the finger platform. (figure 5)
- Place the orthosis of the patient.
- Have the patient press the finger-end of the orthosis against a wall, table or thigh to help position the wrist snug into the orthosis. Adjust the tension of each side strap through the D-ring setup. The amount of wrist extension and ulnar/radial deviation can be controlled by these straps (figure 5). Reattach the other straps to secure the arm/hand in the orthosis. Stick the hook dots on the orthosis where needed to help keep the straps close to the sides of the splint.

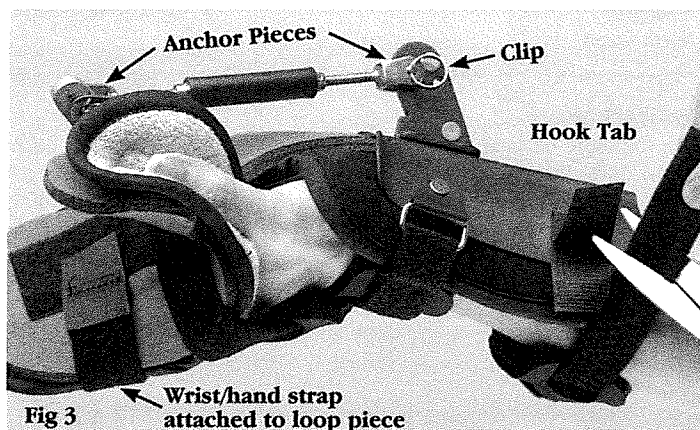


Fig 3

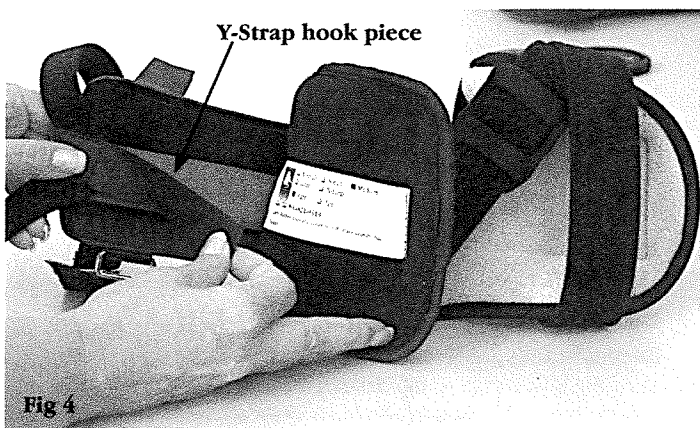


Fig 4

5. Donning and Doffing the fitted orthosis

- To take-off the orthoses, shorten the turnbuckle to reduce wrist extension (i.e. count 10 revolutions). Release the wrist and forearm straps only. Loosen these straps and slip the hand and thumb out under the other secured straps.
- To put on the orthoses, slide the hand into the orthosis under the loosened wrist and forearm straps and secured hand/thumb straps. Have patient place distal end of the orthosis against a wall, table or thigh and press hand into the orthosis. Reattach/cinch-up the forearm and wrist straps. Lengthen the turnbuckle the same amount of turns used to shorten it for removal (i.e. 10 revolutions).

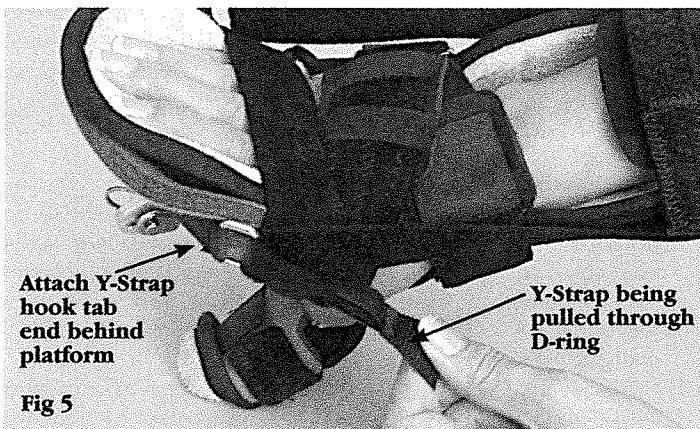


Fig 5

Instructions For Care

The orthosis can be surfaced cleaned using mild soap and water. To wash the splint liner, protect the hook fastener by placing it in a pillow case. Use mild soap with warm water. Can be machine washed and dried.

Sizing Information

Progress-PLUS™ Wrist Extension Turnbuckle Orthosis*

Left	Right		Width at MP Joints
NC33804-1	NC33804-2	X-Small	3" to 3¼" (7.6 to 8.4 cm)
NC33804-3	NC33804-4	Small	3¼" to 3½" (8.4 to 8.9 cm)
NC33804-5	NC33804-6	Medium	3½" to 3¾" (8.9 to 9.5 cm)
NC33804-7	NC33804-8	Large	3¾" and up (9.5 cm and up)

Replacement Liner

Left	Right		Width at MP Joints
NC33803-1L	NC33803-2L	X-Small	3" to 3¼" (7.6 to 8.4 cm)
NC33803-3L	NC33803-4L	Small	3¼" to 3½" (8.4 to 8.9 cm)
NC33803-5L	NC33803-6L	Medium	3½" to 3¾" (8.9 to 9.5 cm)
NC33803-7L	NC33803-8L	Large	3¾" and up (9.5 cm and up)

To be used under the guidance of a qualified medical professional.



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