

## Instructions and Care Plan for the Comfy™ Comfy Spring-Loaded Goniometer Hand Orthoses (SH1and SFE-1)

1 & 2. Write patients last name on splint cover and open Velcro straps.

3. After passive range of motion of the wrist & fingers, to allow for maximum wrist & finger, place Orthosis along the inside flexion surface of the arm & hand.

4. The Comfy™ Spring loaded Goniometer-Hand splint can be adjusted to limit the range of flexion or extension of the wrist as desired. Unzip the cover to expose the goniometer mechanism. Loosen screw with Allen wrench provided (screw loosens by turning counterclockwise). One tab limits flexion and one tab limits the one tab to limit flexion and position the second tab so as to limit the maximum degree of extension allowed. As the patient flexes wrist, the moderate spring-load will push the extremity to the set degree of extension. The approximate number of degrees can be read off the Goniometer.



degree of extension. Position

**Note:** the point of contact between the pin and the tab, most accurately reflects the degree of angulation (not the center of the tab). Each notch represents 30°. When readjusting the range of motion permitted, it is preferred to keep one tab fixed in position (usually the tab at the 0° mark. Progress in therapy is read off as changes in position of the edges of the tab along the Goniometer marks.

5. The Comfy Spring Loaded Goniometer-Hand Orthosis is easily adjusted and re-adjusted to any desired angle and maintains it shape. To lock the Orthosis in a fixed position: merely place the tabs on both sides of the pin and tighten the screw.

6. Once the desired angulation for the wrist & finger is achieved, re-close the zipper, wrap the straps around the wrist & finger and secure with Velcro. It is suggested that the therapist maintain a two-finger space under the straps to prevent excessive pressure areas on the patient's skin.

7. Check Comfy Spring Loaded Goniometer Hand splint every 15 minutes initially, then increase intervals to every two hours, for pressure areas, edema, or skin irritation. If signs of redness, increased swelling or pain appear, discontinue use and notify physician.

8. The Terrycloth 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 cleaned by wiping both sides with a solution of warm water and disinfectant or detergent.

**The Comfy™ Hand Orthosis requires a physician prescription and should be applied and supervised by a trained healthcare professional. If any of the metal frame becomes exposed, cease using the device.**

### CARE PLAN

**INTRODUCTION:** The Comfy™ 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™ 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™ Hand Orthosis should not be used if the patient has any circulatory problems, pressure areas or skin irritations.

**FITTING INSTRUCTIONS:** The Comfy™ 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 frame 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.**

# Assessment Form

## Comfy™ Upper Extremity Orthoses



Patient Name: \_\_\_\_\_ HICN #: \_\_\_\_\_ Room # \_\_\_\_\_

Facility: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Primary Diagnosis: \_\_\_\_\_ Secondary Dx: \_\_\_\_\_

Prognosis: Good \_\_\_\_\_ Fair \_\_\_\_\_ Poor \_\_\_\_\_

Mobility: Ambulatory \_\_\_\_\_ Wheelchair confined \_\_\_\_\_ Bed confined \_\_\_\_\_

Communication: Makes Needs Known \_\_\_\_\_ Unable to make needs known \_\_\_\_\_

U.E. Sensation: Intact \_\_\_\_\_ Moderately Impaired \_\_\_\_\_ Severely Impaired \_\_\_\_\_

U. E. Active R.O.M.: WNL \_\_\_\_\_ Mildly Restricted \_\_\_\_\_ Severely Restricted \_\_\_\_\_

U. E. Passive R.O.M.: WNL \_\_\_\_\_ Mildly Restricted \_\_\_\_\_ Severely Restricted \_\_\_\_\_

Diagnosis	Rt	Lt	Severity/Comments
Wrist drop			
Wrist Contracture			
MP Contracture			
Finger jnt. Contracture			
Elbow Contracture			
Decr. muscle strength			
Decr. ADL function			
Joint Pain			
Ulnar/Radial Deviation			
Pressure Sores			
Hygiene deficits			

Treatment Goals
Prevent Fixed Contractures
Support Flaccid Hand, Wrist, or Elbow
Manage Arthritic Joint Deformities
Decrease pain
Control Ulnar or Radial Deviation
Improve Muscle Strength
Improve A.D.L. Function
Increase Range Of Motion
Decrease Pressure Areas
Increase Hygiene
Increase U.E. function

### Treatment Plan:

- |  |  |   |
|--|--|---|
| _____ Wrist-Hand-Finger Orthosis (H101)    | _____ Finger Separator (FS1)                 | _____ Hand Thumb Orthosis (HT101)           |
| _____ Finger Extender Hand Orthosis (F101) | _____ Long Pan Hand Orthosis (LPH101)        | _____ Long Opponens Hand Orthosis (LOPH101) |
| _____ Dorsal hand Orthosis (DORSH101)      | _____ Opposition Thumb Hand (OPH101)         | _____ Comfy Grip hand Orthosis (OPH101)     |
| _____ Slim Hand (CHSlim)                   | _____ Slim Wrist (CWSlim)                    | _____ Spring Loaded hand Orthosis (SH101)   |
| _____ Deviation Standard Hand (DH101)      | _____ Deviation Finger Extender (DF101)      | _____ Elbow Hand Combination (EH101)        |
| _____ Elbow Orthosis (E101)                | _____ Goniometer Elbow Orth. (GE101)         | _____ Push Button Goni. Elbow (PBGE101)     |
| _____ Spring Loaded Elbow (SGE101)         | _____ Adjust Hinge Eblow Orthosis (Adj-E101) | _____ Dynamic Torque Elbow Orth. (Torq1-E)  |

*Observe from 15 min to 30 min intervals; Then Graduate to 1-2 hr Intervals; Remove and check for pressure areas every shift.*

I certify active treatment of this patient. This equipment is part of my recommended treatment and is "reasonable and medically necessary". The above information is true and accurate, to the best of my knowledge.

Physician's Signature \_\_\_\_\_ Date: \_\_\_\_\_

Phone: \_\_\_\_\_ UPIN#: \_\_\_\_\_

Address: \_\_\_\_\_