

S.O.T Resting Hand Orthosis

- Keeps wrist, thumb and fingers in a resting position
- Provides support for the thenar muscle
- Maintains or increases stretch in the long flexors
- Prevents or reduces risk of edema



S.O.T

Smart Orthotic Treatment

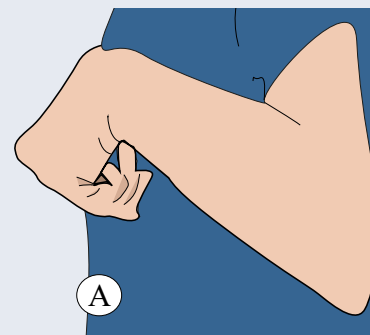
Background

Many stroke patients over time may get a variety of complications, such as spasticity, paralysis, pain, loss of sensation, decreased proprioception and edema of the hand and arm. These complications can cause a reduction of mobility in the hand and eventually contractures may develop (the hand and fingers will not straighten). Therefore, it is important to start with orthotic treatment, along with hand therapy at an early stage, before spasticity is established.

S.O.T is a resting splint for the spastic and paretic hand, when the goal is to maintain or increase the mobility of the hand.

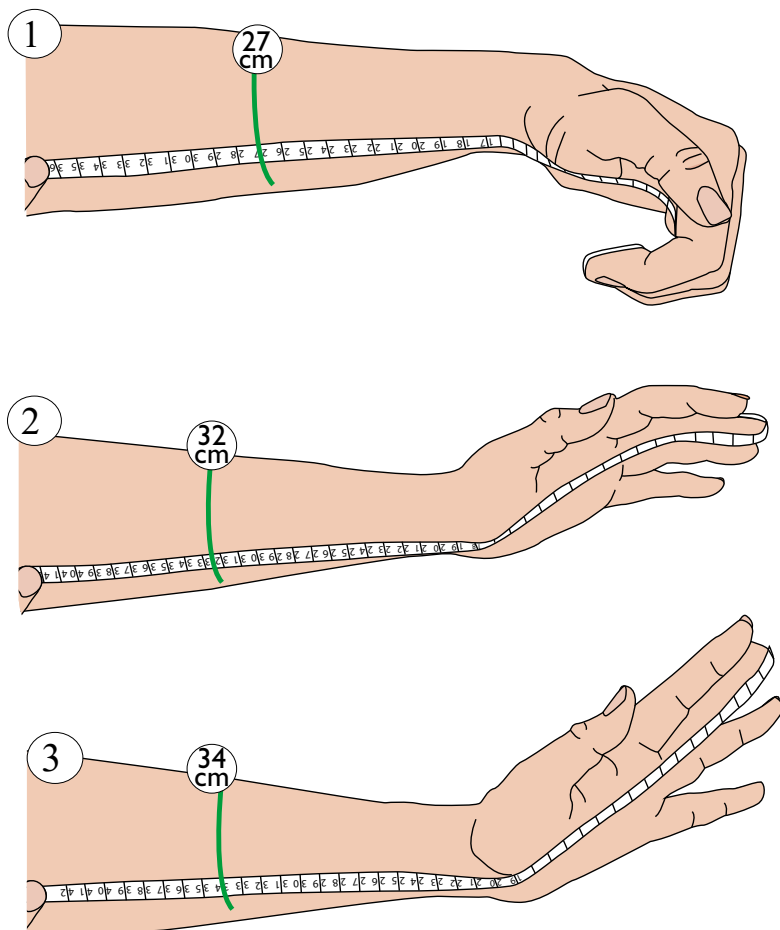
The orthosis is smooth and lightweight. The S.O.T has an aluminum core which allows adjustment to the desired position. The aluminum core is embedded into polyethylene foam, which is covered with fabric. The brace is delivered in a resting position. A resting position can offer pain relief, relaxation to the hand and it also provides a good biomechanical position that may reduce the risk of flexor shortening of the wrist and fingers.

Patients suffering with rheumatoid pain may benefit from S.O.T as it prevents the hand from falling into unfavorable painful positions. The orthosis can be readjusted into POSI or Intrinsic Plus Position.



Intended use:

The main indications for the brace in resting position is stroke, CP, rheumatoid arthritis, radialis paresis, muscular dystrophy, edema or plexus injury.



Maintain or increase elongation of long flexors

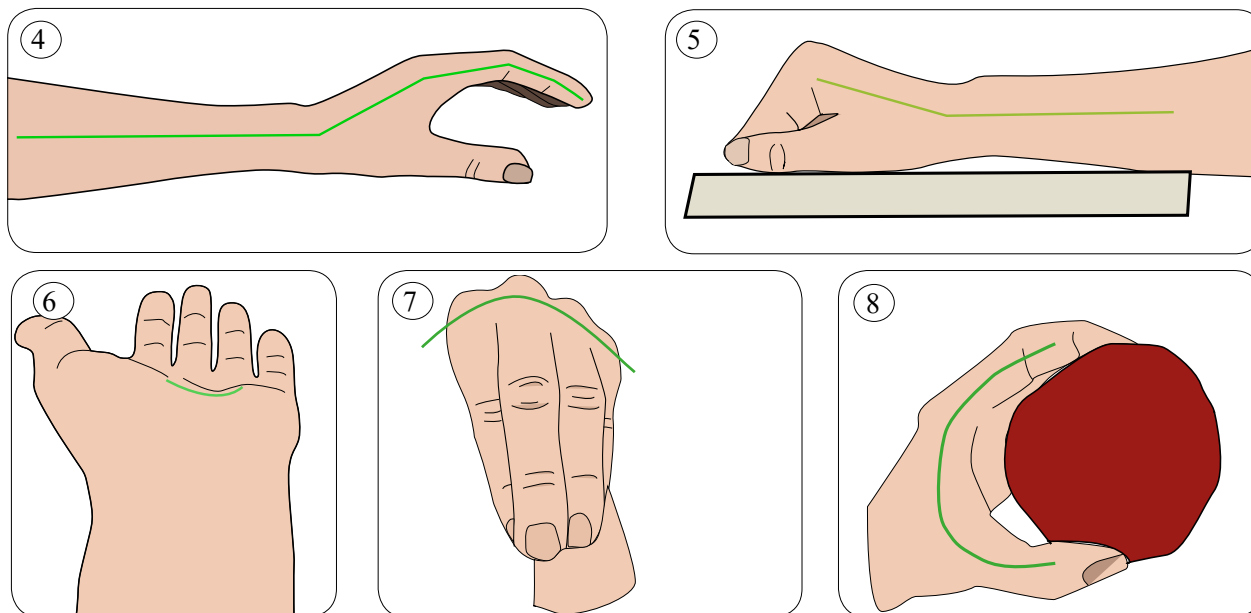
• When contractures and deformities are present

When the objective is to maintain or extend the long flexors it is important to consider how the position of the wrist and fingers affects the stretch of the flexors.

This is illustrated when the wrist, MCP joints and IP joints are extended gradually. The measuring tape symbolizes how the flexors extend (Figure 1-3).

Resting position - Support for the MCP and CMC joints in the thumb

- S.O.T Resting orthosis is supplied in a resting position. Figure 4 and 5 are a guide of how the wrist (4) and the fingers (5) generally should be positioned. An individual assessment of the patient should always be done before fitting.
- S.O.T Resting orthosis supports the arches of the hand (picture 6 -8) and the position of the thumb. The orthosis anatomic configuration supports the important thenar muscle, the CMC and MCP joint, which is particularly important for the intended patient groups, when the thumb tends to adduct in the CMC joint and hyperextend in the MCP joint.
- S.O.T Resting orthosis increases the conditions for an effective grip (Figure 8).



Prevents or reduces the risk of edema

Instead of conventional straps over the fingers, hand and arm, that can cause edema the S.O.T Resting orthosis has a soft and elastic cover, which keeps the hand and arm in place. The pressure distribution cover, in combination with an optimal position of the wrist and hand, reduces the risk of edema as it facilitates venous return. The material's smooth outer surface and the low profile allows the orthosis to fit under clothing (9). To provide firmer pressure over the wrist, e.g. for spasticity, the cover can be supplemented with the non-elastic wrist strap (10).



Better position of the fingers

S.O.T Finger divider prevents skin irritations between fingers and can contribute to a better position of the fingers at ulnar/radial deviation (Figure 11).



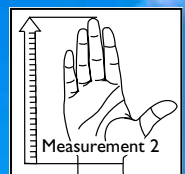
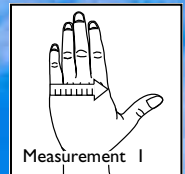
Using S.O.Ts wedges, the degree of stretching is changed during treatment to achieve gradual change.



- **Soft elastic cover/sleeve eliminates pressure points from bulky straps**
- **Easily adjusted to achieve POSI or Intrinsic Plus position**
- **Lightweight & Breathable**
- **Easy for patient to don and doff**
- **Slides easily under clothing**
- **Machine washable**



Description	Item No. Left	Item No. Right	Measure 1 (MCP width)	Measure 2 (length from wrist to end of finger)
S.O.T Resting Orthosis, Small	28710 1011	28710 2011	< 7.5 cm (3")	< 18.5 cm (7 1/2")
S.O.T Resting Orthosis, Medium	28710 1012	28710 2012	7 - 8.5 cm (2 3/4" - 3 1/4")	< 20 cm (7 3/4")
S.O.T Resting Orthosis, Large	28710 1013	28710 2013	8 - 9 cm (3" - 3 1/2")	< 21 cm (8 1/4")
S.O.T Extra Cover, Small	28714 1011	28714 2011		
S.O.T Extra Cover, Medium	28714 1012	28714 2012		
S.O.T Extra Cover, Large	28714 1013	28714 2013		
Accessories	Item No.	Width	Height	
S.O.T MCP Wedge, Small	28711 0011	7.5 cm (3")	15 mm (1/2")	
S.O.T MCP Wedge, Large	28711 0013	9 cm (3 1/2")	20 mm (3/4")	
S.O.T Finger Divider, One Size	28712 0000			
S.O.T Extra Strap, One Size	28713 0000			



Support for Better Life!