

# Instructions for the Comfy™

## 4-Strap Deviation Hand Thumb (4S-DHT101/4S-DHT102)



1. Write patients last name on splint cover. Open Velcro straps.

2. After Passive Range of Motion (PROM) to allow maximum wrist, finger and thumb extension, place the forearm and the wrist on the concave surface. Then place the patient's fingers over the wider flexed end of the Orthosis. The thumb tab (arrows) is bent to support the thumb in the degree of abduction desired. The lateral wings closer to the flexed end of the Orthosis are bent upwards (dorsally) to limit lateral mobility of fingers.



3. Adjust the wrist and fingers to the degree of flexion/extension desired. The **Comfy™ 4-Strap Deviation Hand Thumb Orthosis** can be adjusted and readjusted to different degrees of extension or flexion of the wrist and finger joints as desired. Merely press the Orthosis against a firm edge (e.g. table, countertop or chair edge) while firmly holding and leaning on both ends. Do not remove insert from fabric cover, as all positioning can be done while the insert is in the cover. The wrist and hand portions can be adjusted independent of each other. Several adjustments can be performed rapidly to obtain the desired optimal angulation.

4. If the finger separator attachment is required, place the elastic loop of the attachment through the distal strap (i.e. the strap across the fingers). Then slide the elastic loop over the wider flexed end of the Orthosis.

5. Once the desired angulation for the wrist and fingers is achieved, wrap the straps around the hand, wrist and forearm, and secure with Velcro. The strap across the fingers can be wrapped straight across the fingers or obliquely over the "wings" of the Orthosis. It is suggested that the therapist maintain a two-finger space under the straps to prevent excessive pressure areas on the patient's skin. Adjust so that strap 1 goes top Velcro 1, strap 2 goes to Velcro 2, etc.

6. Check **Comfy™ 4-Strap Deviation Hand Thumb Orthosis** Hand splint every two hours for pressure areas, edema, or skin irritation. If signs of redness, increased swelling or pain appear, discontinue use and notify physician.

7. 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. Wiping both sides with a solution of warm water and disinfectant or detergent can clean the insert.

*The Comfy™ Deviation Hand Thumb 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. If any of the metal frames becomes exposed, cease using the device.*

### CARE PLAN

**INTRODUCTION:** The **Comfy™ 4-Strap Deviation Hand Thumb 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, arthritic changes or any deformity related to neuromuscular impairment.

**RESULTS:** The **Comfy™ 4-Strap Deviation Hand Thumb 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™ 4-Strap Deviation Hand Thumb Orthosis** should not be used if the patient has any circulatory problems, pressure areas or skin irritations.

**FITTING INSTRUCTIONS:** The **Comfy™ 4-Strap Deviation Hand Thumb 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™ 4-Strap Deviation Hand Thumb 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.



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