



North Coast

Long Arm Precut Splint

Indications

Use for protection and immobilization from the elbow to wrist following humeral/forearm fractures, epicondylectomy, elbow arthroplasty, nerve repairs, or other elbow conditions due to neurological/orthopedic disorders. The hand section can be cut away if no wrist support is required.

Instructions for use

1. Place the arm in desired elbow, forearm and wrist position. Measure arm length and width. Generally, the splint should cover 2/3 length of the humerus and a little more than half of the circumference of the arm. If trimming is needed, mark the humeral end first.

2. Quick method for heating the entire precut and preventing the material sticking to itself. Heat in 160° F (71° C) water.

- Place one end of the precut in the splint pan with paper towels over it entirely.
- Push the paper and the precut down into the water to soften this end.
- Once this half is soft, bend and bring the other end over onto itself with the folded paper sandwiched between the material. Heat at least 2 minutes until soft.
- Remove and trim accordingly. If additional heating is necessary, dip the splint in the water and keep moving it to help prevent a distinct molding/reheat line.

3. Position the patient to allow for gravity-assisted molding along upper arm. Drape the warm precut splint centrally over the arm, with the splint proximal enough to support the upper arm. Note that the material can be moderately stretched to gain added length and greater contouring.

4. Mold the hand and wrist section first.

5. For better contouring around the:

- Anterior upper arm**, secure the splint around the forearm and stretch the material around the elbow, then around the upper arm (Figure 1).
- Posterior upper arm**, secure the splint around the lower and upper arm, and then gently stretch it around the elbow (Figure 2).
- Elbow**, stretch and smooth material over the elbow for an even, precise fit.

6. If there is bulging around the elbow, overlap or pinch the material into flaps and fold them down (Figure 3). Or, these flaps can be cut off while soft and warm to form a less bulky seam.

7. Gently stretch and flare the splint around the epicondyles and distal and proximal borders. Check for clearance of the ulnar styloid.

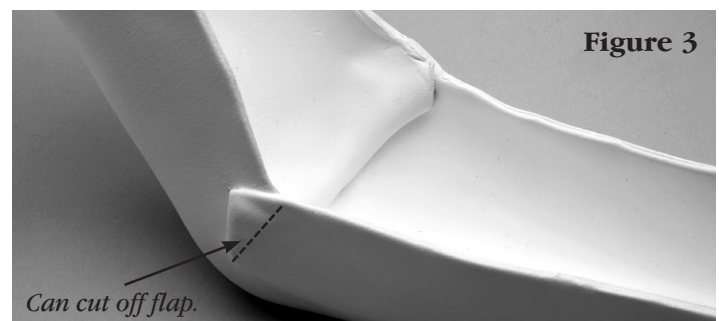
8. Apply straps across the hand, wrist, upper arm and in a figure-8 crisscross design directly over the elbow crease.

Instructions for care

Store precut flat at room temperature. Wash molded splint surface using mild soap and cool water. Avoid environments greater than 120° F (48° C) due to potential melting and changing of the splint shape.

Ordering Information

NC33900S 1/8" Solaris™
NC33900P 1/8" Preferred®



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



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