

HOOK SPLINT.®

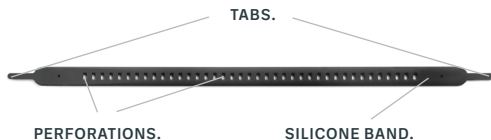
MAX

**Figure 8 Anti-Claw or
Thumb Orthosis.**

INSTRUCTIONS FOR USE.

ABOUT HOOK SPLINT®

HOOK SPLINT® is a metallic band with a smooth silicone finish, and a locking tab on each end. It utilizes a novel approach to custom splinting by transforming a ready to use, flexible band into a rigid orthosis.



To lock the orthosis, the ends are overlapped and metallic tabs are secured through perforations.



INTENDED USE.

This product should be prescribed, formed and fitted by the treating healthcare provider (HCP). Follow your HCP's instructions, including use and wearing schedule.



PRECAUTIONS.

If your **HOOK SPLINT®** increases pain or worsens your condition, immediately inform your HCP. Check your skin integrity daily. If there is any unusual swelling, skin discoloration or discomfort, notify your HCP. Readjustment or remolding may be required. Do not tighten or change the configuration of your **HOOK SPLINT®** unless instructed to by your provider. Dry the **HOOK SPLINT®** and hand after it is submerged in water to avoid skin maceration.



CONTRAINDICATIONS.

HOOK SPLINT® should not be worn over pressure sores, open wounds or irritated skin. Do not wear if the band or tabs are deformed or compromised. If these situations arise, inform your HCP.



CLEANING INSTRUCTIONS.

Clean your **HOOK SPLINT®** daily. You may need to clean it more frequently depending on soil level with activity. Hand wash your **HOOK SPLINT®** with warm water and non-abrasive soap. Wash and dry it gently to avoid changing its shape.



SAFEKEEPING.

When not in use, store your **HOOK SPLINT®** in the zip loc bag that is provided. Clean orthosis before storing.

See [HOOKSPLINT.COM](https://www.hooksplint.com) for other languages.

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RECOMMENDED USE.

The **HOOK SPLINT**® MAX can be customized as a figure 8 splint to the hand in different configurations depending on the indication. See examples below.

Anti-Claw: Apply to ring and small finger for clawing from ulnar nerve injury or index and middle finger for median nerve injury. All four fingers can be included for ulnar and median nerve clawing.

MCP Flexion: It can be applied to one or more fingers for extension contractures, PIP Flexion contracture or fractures/sprains when indicated.

Thumb MCP Hypermobility: To prevent MP hyperextension in cases such as EDS and Arthritis.

Thumb CMC Pain: To give extra support to the CMC and offload pain commonly caused by Arthritis.

For additional examples and videos of how to use and apply the **HOOK SPLINT**® RMO, please visit our website and social media platforms.

HOW TO APPLY AN ANTI-CLAW ORTHOSIS

WITH RING AND SMALL FINGER FLEXED

1. SIZING THE HOOK SPLINT®.

Place the middle of the **HOOK SPLINT**® MAX onto the back of the small and ring finger. Cross the band over, creating an "X" on the palmar side of the ring and small fingers (see figure 1). Wrap the loose ends of the band onto the back of the hand. Place the tab from the end closer to the pinky into a perforation on the other end of the band so that it is sitting flush and not too tight. (see figure 2).

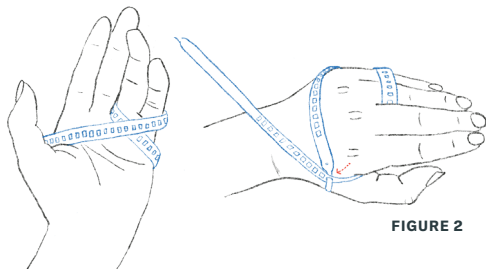


FIGURE 1

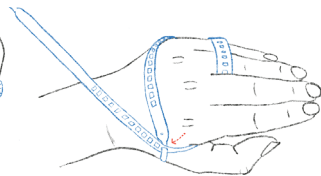


FIGURE 2

2. LOCKING THE FIRST TAB.

Remove the **HOOK SPLINT**® from the hand and **secure the first tab by looping it downward and through the adjacent perforation** (see figure 3). Use a tool such as needle nose pliers or forceps if needed.

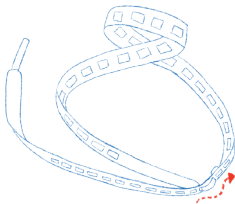


FIGURE 3

3. LOCKING THE SECOND TAB.

Overlap the remaining segment and press layers together, forming the *Rigid Zone*®. **Secure the second tab with a simple fold, by bending it flat in the direction of the Rigid Zone** (see figure 4).

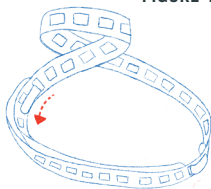
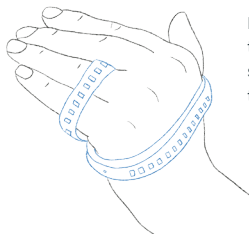


FIGURE 4

*The *Rigid Zone* is the area of the **HOOK SPLINT**® which overlaps, creating twice the thickness and rigidity.

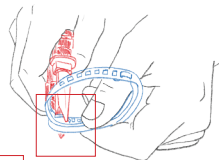
4. FINAL CHECK.

Reapply the **HOOK SPLINT**® to the hand, make sure it is sitting flush and secure the target angle.



5. CRIMPING THE TABS.

The tabs can be further secured by crimping them into the band using needle nose pliers or a similar tool for lower profile tabs.



Note: The **HOOK SPLINT**® will become **MORE** comfortable over time with hand movement. The metallic core will settle and further mold actively to the hand.

HOW TO APPLY AS A THUMB ORTHOSIS

BLOCKING MP HYPEREXTENSION

1. SIZING THE HOOK SPLINT®.

Place the **HOOK SPLINT®** MAX into the thumb webspace, about one third of the way down the band. Cross the other end of the band over, creating an "X" over the thumb pad (see figure 1). The shorter end should be underneath.

Wrap the long end of the band around the back of the hand. Place the tab from the shorter end into a perforation on the other end of the band so that it is sitting flush and not too tight. (see figure 2).

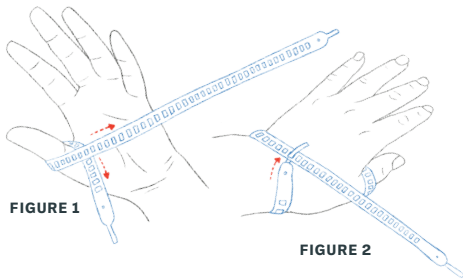


FIGURE 1

FIGURE 2

2. LOCKING THE FIRST TAB.

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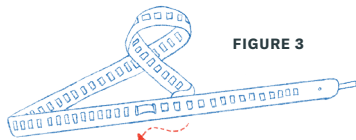


FIGURE 3

3. LOCKING THE SECOND TAB.

Overlap the remaining segment of the band by bringing it underneath the crossed over region.

Secure the second tab with a simple fold, by bending it flat in the direction of the overlapped segment (see figure 4).

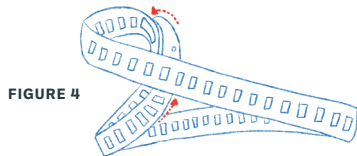
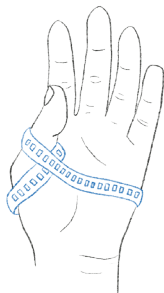


FIGURE 4

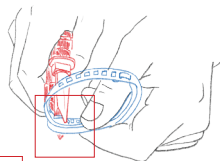


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By HOOK REHAB.™