



Wrist and Thumb Spica

Indications

Use to immobilize the wrist and thumb. Ideal for the treatment of sprain or strain of the thumb or wrist, de Quervain's, tenosynovitis, CMC joint arthritis and following the reconstruction of the CMC or MP joints of the thumb.

Instructions For Fabrication

1. Heat splint pan water to 150° to 170°F (66° to 77°C) for optimal results. Place the precut splint in the heated water until it becomes pliable.
2. Place the hand in supination and position the thumb as desired. Place the splint over the volar surface of the forearm with the distal edge of the splint aligned at the crease of the thumb IP joint (A).
3. Wrap the proximal thumb extension around the thumb (B).
4. Wrap the distal extension section through the webspace, overlapping the proximal thumb extension. Press firmly to adhere or press lightly to pop open later after cooling. (C).
5. Roll back the distal edge of the thumb piece to allow for IP joint motion.
6. When the splint is semi-rigid, turn the hand into pronation to adjust the shape of the forearm and thumb position.
7. Trim the splint with scissors and lightly flair the proximal border.

Apply straps:

2" (5.1 cm) – wide strap across the forearm

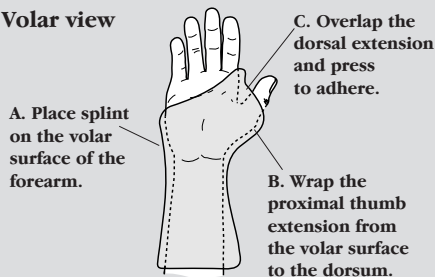
2" (5.1 cm) – wide strap diagonally across the wrist.

1" (2.5 cm) – wide strap across the dorsum of the hand.

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



Volar view



Instructions For Care

Wash surface using mild soap and cool water. Best to store at room temperature. Avoid heat due to potential changing of shape and melting.

Precuts to use for the Wrist and Thumb Spica

1/8" NCM Preferred®

NC33933-1	Small	(3)
NC33933-2	Medium	(3)
NC33933-3	Large	(3)

1/8" Solaris™

NC33933-1S	Small	(3)
NC33933-2S	Medium	(3)
NC33933-3S	Large	(3)

1/8" Encore™

NC33933-1E	Small	(3)
NC33933-2E	Medium	(3)
NC33933-3E	Large	(3)



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