



The
personal fit

WEARING INSTRUCTIONS FOR YOUR ORTHOSIS

Patient Name:

Date:

Therapist Name:

Contact Information:

Type of orthosis:

Purpose of orthosis:

Wearing Schedule:

Your orthosis should be worn as follows:

- Day
- Night
- Day and night
- During functional activities
- Remove for exercise and hygiene
- Do not remove for exercise and hygiene

Taking Care of your Orthosis:

1. Do not expose your orthosis to sources of heat.

Do not leave it near a heater, in the car, in the sun, or behind a window. Protect in a freezer bag if necessary.

2. Do wash your orthosis using tepid or cold, but not hot water.

- > Do not use household soap or solvents.
- > Don't iron the Velcro straps.
- > After washing, dry your orthosis perfectly by using a terry towel.

3. Precautions:

- > Do not strap the orthosis too tightly as it will be uncomfortable and leave marks.
- > If your orthosis is uncomfortable, and is causing pain or skin irritations, contact your therapist immediately.
- > If the straps come loose, you may use some glue to repair them or ace wrap your orthosis on your arm and contact us immediately. Do not attempt to make other repairs on your own.

4. Be sure to check with the physician regarding driving and or working with your injured hand.

Signature Therapist

Signature Patient

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