

SPRINTS & BRACES

IN THE PREVIOUS POST WE LISTED A BUNCH OF BRACES TO AID IN THE HEALING PROCESS OF WRIST DROP. WE WANTED TO PROVIDE A LITTLE MORE INFORMATION AND IMAGES FOR SOME CLARIFICATION

DEPENDING ON WHO MAKES THE BRACES THEY CAN ALL LOOK VERY DIFFERENT. WE PUT SOME EXAMPLES, BUT THEY MAY NOT BE WHAT YOU'RE USED TO.

DYNAMIC EXTENSION SPLINT

WITH A DYNAMIC SPLINT, THE HANDS WILL BE ABLE TO BE USED FOR NORMAL FUNCTIONAL ACTIVITIES (DRESSING, FEEDING, GROOMING). PERFORMING THESE ACTIVITIES IN COMBINATION WITH OTHER EXERCISES CAN HELP REGAIN STRENGTH AND RANGE OF MOTION TO THE INJURED HAND.

IT KEEPS THE WRIST IN NEURAL (SLIGHTLY EXTENDED) AND ALLOWS THE FINGERS TO MOVE FREELY. WITH THIS SPLINT, THE AFFECTED EXTREMITY CAN CONTINUE TO BE USED FOR FUNCTIONAL TASKS SUCH AS GRASP AND RELEASE.

THESE ARE MANY VERSIONS OF THESE BRACES THAT TEND TO HAVE A LOT MORE WINDING, AND LOOK MORE LIKE SOMETHING FOREST GUMP WOULD WEAR. INSTRUCTIONS TO MAKE IT YOURSELF ARE ONLINE BUT USE A LOT OF SUPPLIES NOT EASILY ACCESSIBLE.

WRIST DROP BRACES

FIGURE 8 WRAP:

FIGURE 8 WRAP IS IMPORTANT TO REMOVE RISK OF STRANGULATING THE LIMB IF THE TENSOR MOVES, IT ALSO PROMOTES CIRCULATION & RETURN OF FLUID TO THE HEART.

WE ALWAYS RECOMMEND SEEKING HEALTH CARE

BUT WE ACKNOWLEDGE THAT IS NOT ALWAYS POSSIBLE, SAFE, OR REALISTIC

WRIST COCKUP

HOLDS THE WRIST IN EXTENSION BUT ALLOWS FOR FUNCTIONAL USE OF THE THUMB AND FINGERS. WILL BE ABLE TO MAINTAIN A TENODESIS GRASP.

ONE OF THE SIMPLEST BRACES AND LESS OBNOXIOUS TO WEAR, MAKING THE USE OF THE VARIOUS WRIST MEDICAL SUPPORTS TO IMMOBILIZE JOINTS AND REDUCE PAIN.

THEY ARE ALSO NOT TOO COSTLY, DEPENDING ON THE STYLE AND BRAND ABOUT \$20.00-60.00 CAN.

DIY-WRIST COCKUP

- 1- MAKE THE SPLINT-LAY THREE TONGUE DEPRESSORS SIDE BY SIDE TO MAKE A SMALL BOARD AND TAPE THEM TOGETHER. ENSURE THEY ARE SECURE.
- 2- BREAK THE FOURTH DEPRESSOR INTO 3RDS. LAY THE PIECES ACROSS THE OTHER THREE TO KEEP THEM FROM MOVING. TAPE THEM TO THE SPLINT AND THEN ROLL TAPE AROUND AND AROUND UNTIL IT IS ONE SOLID UNIT.
- 3- SOFTEN THE SPLINT-WRAP THE SPLINT IN THE SOFT MATERIAL, EXTRA GAUZE OR BANDAGES. WHATEVER YOU HAVE TO MAKE A SOFT BARRIER BETWEEN THE WRIST AND THE SPLINT. SECURE IT AND TRY TO SMOOTH OUT ANY WRINKLES.
- 4- POSITION IT ON THE WRIST COMFORTABLY ACROSS INTO THE PALM OF THE HAND. IF IT IS MORE COMFORTABLE CAN ROTATE ABOVE & BELOW WRIST. ENSURE FINGERS STILL HAVE MOBILITY.
- 5- USE THE TENSOR TO SECURE THE SPLINT TO THE WRIST. KEEP IT SNUG, BUT NOT TIGHT. WRAP IN A FIGURE EIGHT MOTION STARTING AT THE POINT FURTHEST AWAY FROM THE HEART ON THE HAND AND WRAP TOWARDS THE HEART TAPE IN PLACE.

RESTING HAND SPLINT

ONLY RECOMMEND IF YOU'RE TRYING TO MINIMIZE (CURLING INWARDS OF HAND/WRIST) THIS MAY JOINT CONTRACTURES FROM EXTREME FLEXION. RESTING HAND SPLINTS SHOULD BE SUPPORTED FREQUENTLY FOR SKIN AND POSITION WHILE RESTING. IT CAN HELP REDUCE SWELLING & PAIN.

ELSE OR THE OTHER HAND, AND WRIST ARE MOVED BY SOMEONE EXERCISES, WHERE THE FINGERS PASSIVE RANGE OF MOTION CHECKS, TO PREVENT SORES & RESTING HAND SPLINTS SHOULD BE SUPPORTED FREQUENTLY FOR SKIN AND POSITION WHILE RESTING. IT CAN HELP REDUCE SWELLING & PAIN.

DIY-WRIST COCKUP HOW-TO-INSTRUCTIONS

DISCLAIMER: OFTEN WE FIND OURSELVES WITHOUT THE FUNDS TO PURCHASE A BRACE OR THE ACCESS TO MEDICAL SUPPORTS. WE CREATED A SIMPLE MAKESHIFT OPTION FROM THE BASIC SUPPLIES IN A FIRST AID KIT FOR THE TIME BEING.

THIS IS ADVICE BASED ON NECESSITY AND NOT 'BEST PRACTICE' BE SURE TO CREATE A SOFT BARRIER BETWEEN SKIN AND BRACE MATERIALS, CHECK CIRCULATION AND SKIN REGULARLY. THIS DOES NOT REPLACE THE NEED FOR MEDICAL ATTENTION OR A PROPER BRACE.

- SUPPLIES:**
- 4 TONGUE DEPRESSORS OR WRIST SIZED FLAT BOARD
 - GAUZE, BANDAGES OR SOFT MATERIAL THAT CAN BE MADE SMOOTH
 - MEDICAL TAPE
 - TENSOR BANDAGE