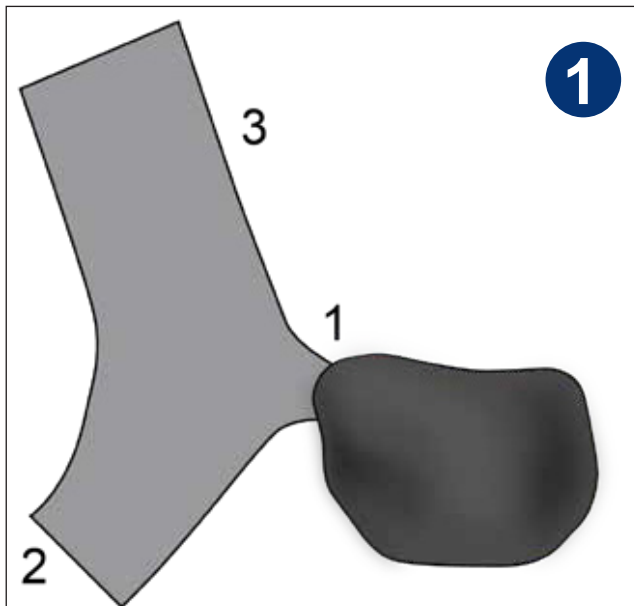


# Professional Guide

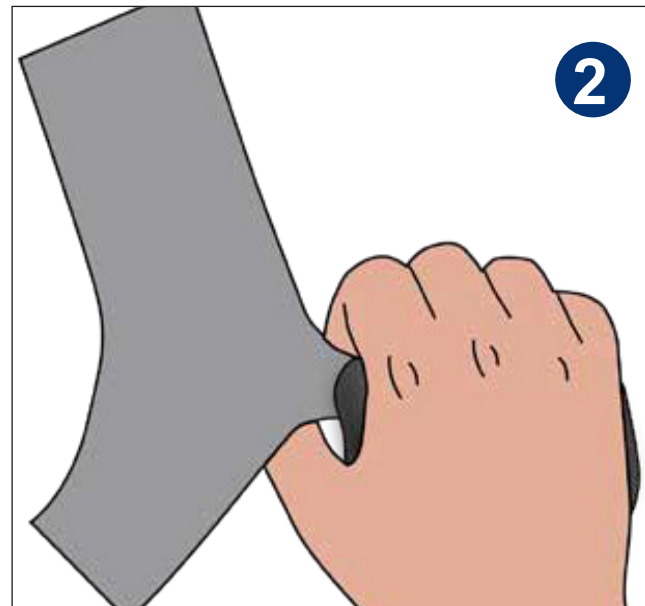
## S.O.T Thumb Orthosis

### FITTING

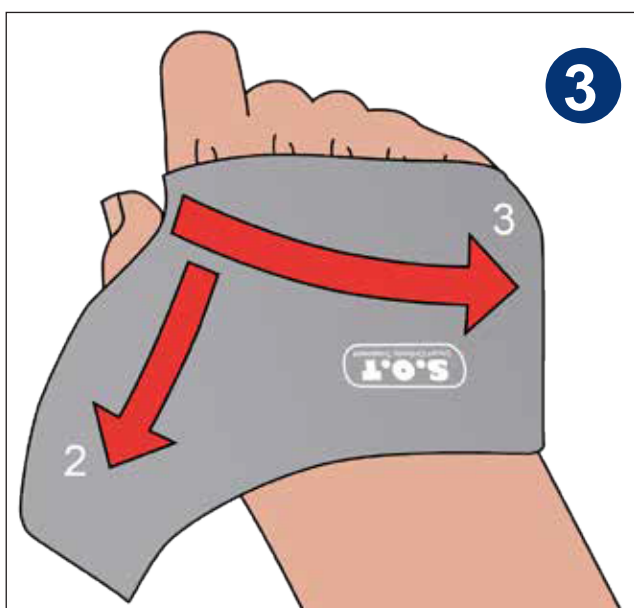
To ensure optimal function it is important that the cover is well adjusted. Attach the cover in sequences, keep the thumb section (1) attached from the start. Then attach 2 and 3, and if needed adjust 1. Finally adjust and make sure it fits comfortably.



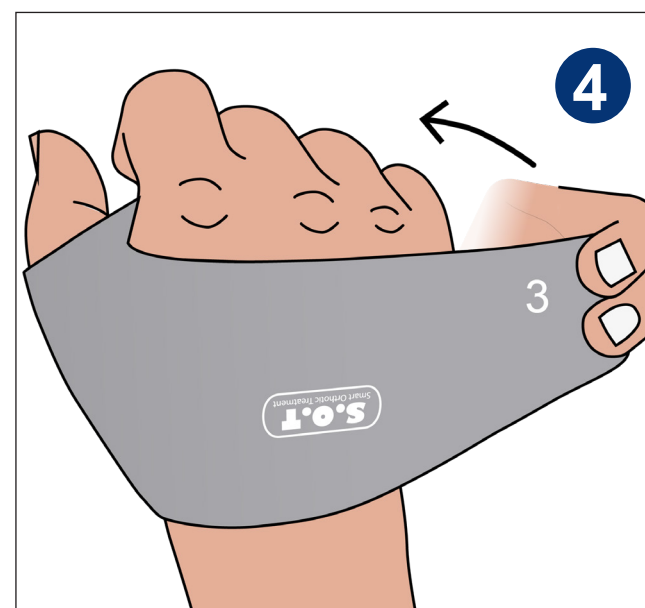
Open the wide straps 2 & 3 and leave strap 1 at its position.



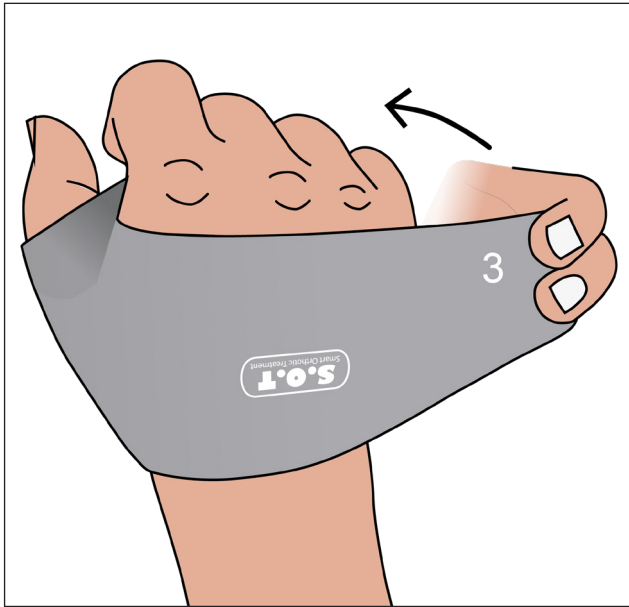
Place the hand on the support.



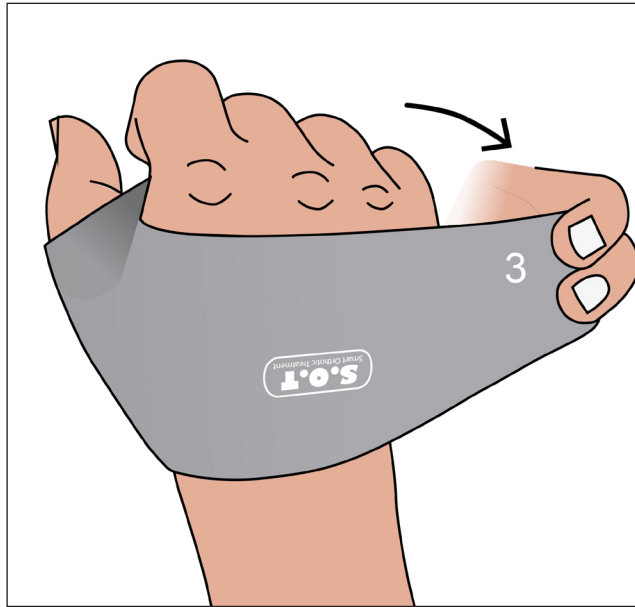
Pull the strap over the hand and attach strap 3 and then strap 2 on the Velcro on the inside of the support. Adjust strap 1 and 2 for comfort.



## DON

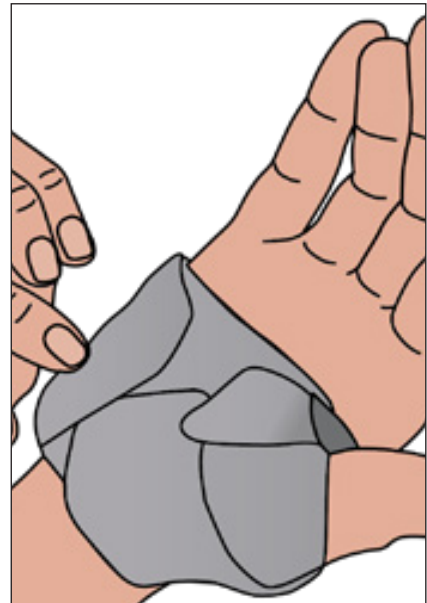


## DOFF



For donning and doffing, after initial fitting, only open strap 3 on the ulnar side. Strap 3.

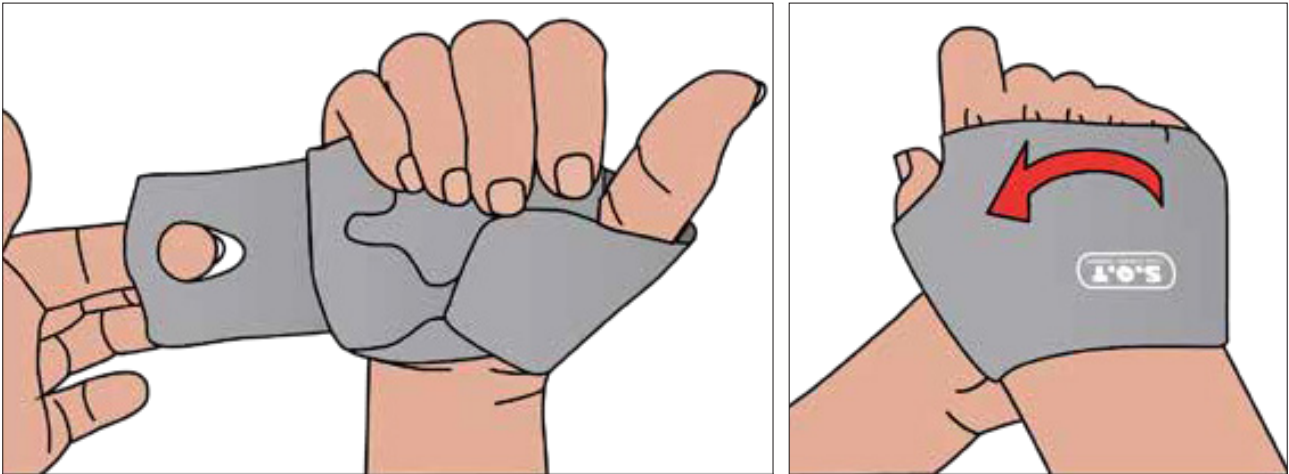
## ADDUCTED THUMB



### Adducted thumb

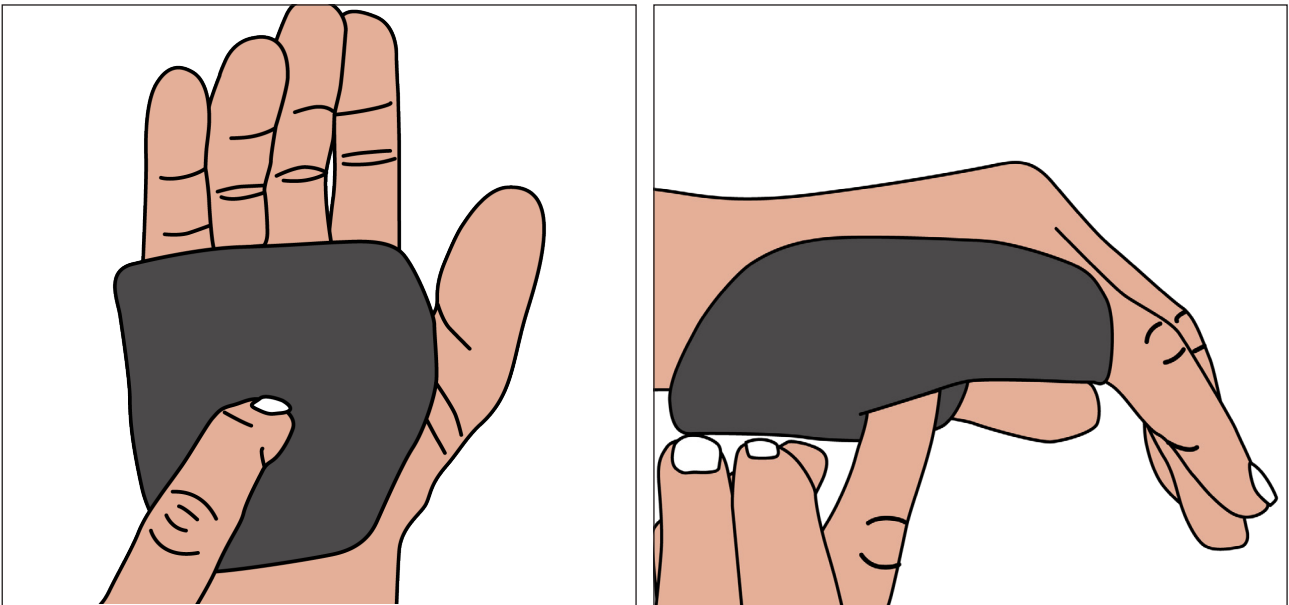
If the patient has severely adducted thumb and the space between thumb and index finger is limited, the thumb strap can be rotated to improve the fit.

## LIMITED MUSCLE FUNCTION



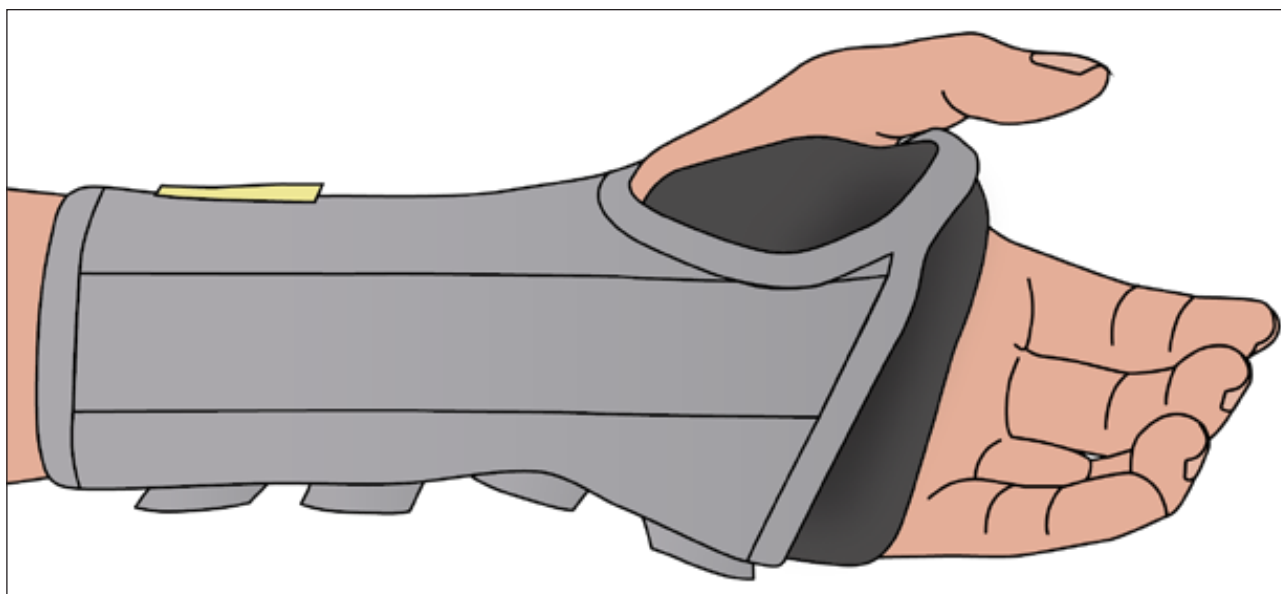
Limited hand muscle function  
If the patient has limited function in their hand and fingers, donning and doffing can be made easier by making a hole in the material on the ulnar side.

## EXTRA SUPPORT FOR MCP-JOINTS



Chose a larger size to give the user increased support for MCP dig. 2-5.  
The orthosis can then give ulnar support for the MCP-joint that may also prevent ulnar deviation.

## ADDITIONAL SUPPORT FOR THE WRIST



When extra support is needed for the wrist, the SOT Thumb orthosis can be used together with a wrist brace, such as 35207 Selection Open Wrist.

For patients with adduction contracture that have developed due to forearm fracture immobilization, SOT thumb orthosis combined with a wrist orthosis may be advantageous for night-time treatment.

For patients with carpal tunnel syndrome, in addition to a wrist support, it is advantageous to off-load the finger flexors by giving support under the MCP joints and that way open up the hand to provide more space for the median nerve in the carpal tunnel during the night.

This is also beneficial for patients with intrinsic shortening. The SOT thumb orthosis cover is then removed and the product is positioned inside the wrist orthosis as shown.