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# Splinting & Hand Therapy 2022

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## X-LITE® & 3D-LITE™

X-LITE® is an airy and lightweight Low Temperature Thermoplastic material engineered to meet your splinting, bracing and casting demands. The material is made from a 100% cotton mesh that has been impregnated with a non-toxic thermoplastic resin. All reactive substances in the thermoplastic have been cured, which means it does not contain any residues in unreacted form. X-LITE® is a NON-Toxic material and emits no harmful substances when heated, applied or in the drying process. The material can be applied without the use of gloves and special ventilation equipment in the casting room and upon removal of the cast no harmful dust is produced. It is safe for all users to work with X-LITE®, including pregnant woman, asthmatic patients and people that suffer from allergic reactions.

Our 3D-LITE™ material shares the benefits of X-LITE® and is also a NON-Toxic material. The base is a 3-Dimensional Polyester fabric which contributes to increased strength. 3D-LITE™ is a superior product for splinting and bracing and it also comes pre-cut for an individual fitted corset.

## Features & Benefits

### EXCELLENT VENTILATION

The open structure in the material gives great ventilation and comfort. This allows the skin to breathe, besides providing an optimal environment for wound healing.

### LIGHTWEIGHT

Our Low Temperature Thermoplastics are ultra-light in weight for patient comfort and better compliance.

### REUSABLE AND RE-MOLDABLE

Save money and time. Reuse rolls and leftovers. Make small changes on an already made cast/splint instead of a new one costing extra money, extra time and discomfort for your patient.

### VARIABLE RIGIDITY

Add layers for additional rigidity without compromising with a low profile. Add strips just to areas where additional reinforcement or support is desired.

### EXCELLENT CONFORMABILITY

Forms easily to the anatomy - no need to stretch or tug.

### BONDING

Self-adheres once heated. No solvents or adhesives required.

### FAST CURING TIME

In only 30 minutes your patient will be fully supported and weight bearing is allowed.

### X-RAY TRANSLUCENT

All our materials are completely translucent to X-ray when using up to three layers.

### STRONG

X-LITE® is an extremely strong material. Use significantly less layers of material for equal strength compared to other splinting and casting materials on the market.



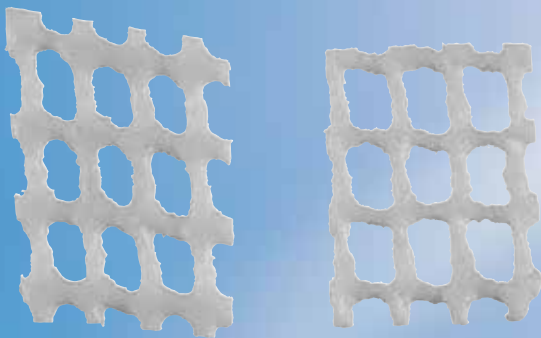
## X-LITE® Technology

X-LITE® is the only casting material made from a cotton base impregnated with a non-toxic, safe polymer. The polymer is Polycaprolactone and it belongs to a group of polyester PCLs, which are a well-known implantable biomaterial.

We understand and support the importance of protecting our fragile environment which is one of the reason why we have made our X-LITE® material biodegradable. As a true protector of nature you can compost it once all attachments like hooks, straps and padding are removed.

Recent test of biodegradability according to ISO 14855 I-1 standard, showed that X-LITE® is 25% biodegraded after 90 days. \*

\*SGS Test report SLI205026326750ITX, Date: October 15, 2020



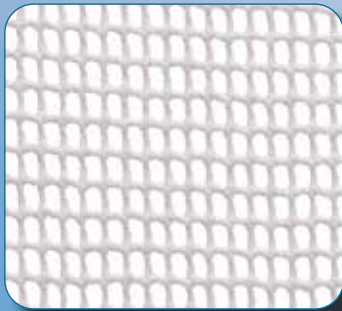
*After 90 days it is clearly seen that a major part of the material has disintegrated. On the left is an original piece of X-LITE® and to the right the same piece after 90 days composted.*



**Our environment - our future - your choice!**

## X-LITE® Product Options

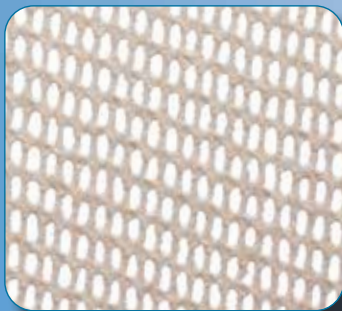
X-LITE® comes in three different versions. Classic, Premium and Plus.  
The choice of product depends on the clinical indication and preference.



### CLASSIC

is the original X-LITE® material. The large mesh openings give great ventilation. As the strongest material in our range, you can use it for any cast or splint of your choice.

- Original material
- Large mesh openings
- Great ventilation
- Extra Strong and weight-bearing
- White, Royal Blue & Anthracite



### PREMIUM

is made of the same cotton mesh but thinner and with smaller openings. This makes PREMIUM even more conformable and stretchable and therefore suitable for upper extremities and children.

- Thinner and finer mesh
- Smaller splints, upper extremity, children
- Stretch and conformability
- Softer Edges
- Beige/White



### PLUS

is the latest addition to the X-LITE® range of products. It comes in five colours and has a soft polyester fabric surface.

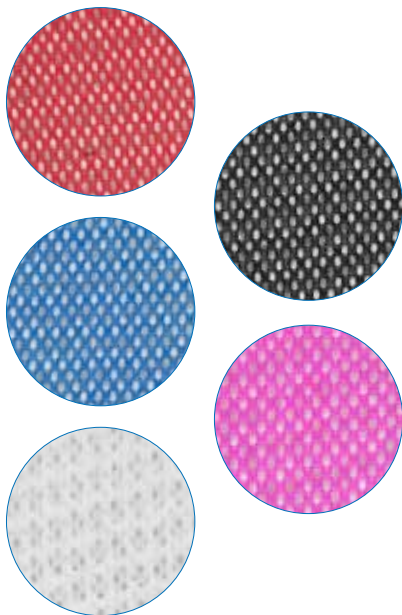
- Premium with soft fabric surface
- Softer edges and surface
- Almost as strong as Classic
- 5 colours, White, Black, Blue, Red, Hot Pink
- Comes as an Edging Tape in dispenser box

## General Instructions

- X-LITE® should be heated in a splint bath set at 68-70°C. Alternatively use a bowl with hot water.
- Heat 3D-LITE™ in an oven set at 80° C or in Infrared oven 60° C for 1,5 min. You can also use a heat gun for smaller pieces.
- X-LITE® sheets should be immersed in the water for approximately 1 minute and the rolls approximately 3 minutes. Make sure the water penetrates the rolls.
- Always ensure that the material is properly heated before you start working.
- Use tongs to remove X-LITE® from the water bath to avoid direct contact with the water. Allow excess water to drain from the material. Material itself will not become warm.
- Protect and cover any wounds or scarring with appropriate dressings. For fracture casting or splinting apply stockinette and proceed with undercover padding to protect the skin before applying the material.
- Spot heat areas on the splint for permanent bond of accessories, straps and hook.
- Re-shape any number of times for the same patient. Reheat unused leftovers and rolls.
- Make small changes by spot heating a completed cast or splint with a regular hairdryer. Always keep your own hand close to the area you heat to avoid burning the patient.
- Cool the splint or cast with cold packs or ice spray for faster setting.

## X-LITE® PLUS

X-LITE® PLUS is our newest material in the X-LITE® range. It is available in five colours and has a soft polyester fabric surface on one side. PLUS is similar in strength to Classic and can be used to make any cast or splint of your choice. PLUS is also popular amongst Occupational Therapist for splinting. It comes in rolls, sheets and dispensers. PLUS rolls have no separator and forms easy and fast directly on the patient.



## X-LITE® PLUS ROLLS & DISPENSERS

Our newest material for casting and splinting. You can choose between rolls in all 5 colours in 7 different widths. Sheets and boxes comes in selected colours.

Item No.	Colour	Width	Length	Package
64701 0000	White	25 mm	1,8 m	5 rolls
64702 0000	White	50 mm	1,8 m	20 rolls
64703 0000	White	75 mm	1,8 m	20 rolls
64704 0000	White	100 mm	1,8 m	10 rolls
64706 0000	White	125 mm	1,8 m	10 rolls
64707 0000	White	150 mm	1,8 m	10 rolls
64708 0000	White	150 mm	10 m	2 rolls
64711 0000	Red	25 mm	1,8 m	5 rolls
64712 0000	Red	50 mm	1,8 m	20 rolls
64713 0000	Red	75 mm	1,8 m	20 rolls
64714 0000	Red	100 mm	1,8 m	10 rolls
64716 0000	Red	125 mm	1,8 m	10 rolls
64717 0000	Red	150 mm	1,8 m	10 rolls
64718 0000	Red	150 mm	10 m	2 rolls
64721 0000	Blue	25 mm	1,8 m	5 rolls
64722 0000	Blue	50 mm	1,8 m	20 rolls
64723 0000	Blue	75 mm	1,8 m	20 rolls
64724 0000	Blue	100 mm	1,8 m	10 rolls
64726 0000	Blue	125 mm	1,8 m	10 rolls
64728 0000	Blue	150 mm	10 m	2 rolls
64727 0000	Blue	150 mm	1,8 m	10 rolls
64753 0000	Blue	200 mm	375 mm	8 sheets
64731 0000	Black	25 mm	1,8 m	5 rolls
64732 0000	Black	50 mm	1,8 m	20 rolls
64733 0000	Black	75 mm	1,8 m	20 rolls
64734 0000	Black	100 mm	1,8 m	10 rolls
64736 0000	Black	125 mm	1,8 m	10 rolls
64737 0000	Black	150 mm	1,8 m	10 rolls
64738 0000	Black	150 mm	10 m	2 rolls
64740 0000	Black	200 mm	375 mm	8 sheets
64741 0000	Hot Pink	25 mm	1,8 m	5 rolls
64742 0000	Hot Pink	50 mm	1,8 m	20 rolls
64743 0000	Hot Pink	75 mm	1,8 m	20 rolls
64744 0000	Hot Pink	100 mm	1,8 m	10 rolls
64746 0000	Hot Pink	125 mm	1,8 m	10 rolls
64747 0000	Hot Pink	150 mm	1,8 m	10 rolls
64748 0000	Hot Pink	150 mm	10 m	2 rolls
64790 0000	Red	150 mm	10 m	1 dispenser
64791 0000	Blue	150 mm	10 m	1 dispenser
64792 0000	Black	150 mm	10 m	1 dispenser
64793 0000	Hot Pink	150 mm	10 m	1 dispenser

## X-LITE® CLASSIC

X-LITE® CLASSIC is our original material. It is now available in two new colors -Anthracite and Royal Blue. With its open structure, it is the airiest of the three materials. It is also the strongest and suitable for any splint or cast of your choice. It stretches and conforms well to contours for a perfect fit. CLASSIC comes in sheets, dispenser box and rolls. The rolls have a plastic separator you remove during the working process.

### X-LITE® CLASSIC ROLLS, SHEETS & DISPENSERS

Our original material for casting and splinting in three colours. Choose between rolls, sheets in predetermined practical sizes or 10 m in dispenser box.

Item No.	Colour	Width	Length	Package
64103 0002	White	50 mm	1,8 m	20 rolls
64133 0003	White	75 mm	1,8 m	20 rolls
64143 0004	White	100 mm	1,8 m	10 rolls
64153 0005	White	125 mm	1,8 m	10 rolls
64163 0006	White	150 mm	1,8 m	10 rolls
64136 0000	Anthracite	75 mm	1,8 m	5 rolls
64146 0000	Anthracite	100 mm	1,8 m	5 rolls
64168 0000	Anthracite	150 mm	1,8 m	2 rolls
64137 0000	Royal Blue	75 mm	1,8 m	5 rolls
64147 0000	Royal Blue	100 mm	1,8 m	5 rolls
64169 0000	Royal Blue	150 mm	1,8 m	2 rolls
64278 0000	White	25 mm	500 mm	50 sheets
64293 0003	White	75 mm	375 mm	15 sheets
64294 0004	White	100 mm	375 mm	15 sheets
64295 0005	White	125 mm	375 mm	15 sheets
64296 0006	White	150 mm	375 mm	15 sheets
64297 0006	White	150 mm	900 mm	15 sheets
64290 0008	White	200 mm	375 mm	15 sheets
64291 0008	White	200 mm	1,2 m	15 sheets
64292 0008	White	200 mm	900 mm	15 sheets
64298 0018	White	450 mm	500 mm	10 sheets
64299 0020	White	500 mm	500 mm	10 sheets
64302 0000	Anthracite	200 mm	375 mm	8 sheets
64303 0000	Anthracite	450 mm	500 mm	4 sheets
64304 0000	Royal Blue	200 mm	375 mm	8 sheets
64305 0000	Royal Blue	450 mm	500 mm	4 sheets
64250 0000	White	75 mm	10 m	1 dispenser
64251 0000	White	100 mm	10 m	1 dispenser
64254 0000	White	125 mm	10 m	1 dispenser
64252 0000	White	150 mm	10 m	1 dispenser
64253 0000	White	200 mm	10 m	1 dispenser
64254 0000	White	125 mm	10 m	1 dispenser
64255 0000	Anthracite	150 mm	10 m	1 dispenser
64256 0000	Royal Blue	150 mm	10 m	1 dispenser





## X-LITE® PREMIUM

X-LITE® PREMIUM has a finer mesh than the CLASSIC material and is even more conformable and stretchable. It is very suitable for splints and casts for the upper extremity and children. If you want your splint or cast to be extra strong you might consider adding an extra layer. PREMIUM comes in sheets, dispenser box and rolls. The rolls have a plastic separator you remove during the working process.



## X-LITE® PREMIUM ROLLS, SHEETS & DISPENSERS

Our most conformable material for casting. Choose between rolls, sheets in predetermined practical sizes or 10 m in dispenser box.

Item No.	Colour	Width	Length	Package
64205 0002	White	50 mm	1,8 m	5 Rolls
64207 0003	White	75 mm	1,8 m	5 Rolls
64209 0004	White	100 mm	1,8 m	5 Rolls
64210 0005	White	125 mm	1,8 m	5 Rolls
64211 0006	White	150 mm	1,8 m	5 Rolls
64215 0003	Beige	75 mm	375 mm	10 Sheets
64217 0004	Beige	100 mm	375 mm	10 Sheets
64219 0006	Beige	150 mm	375 mm	10 Sheets
64220 0008	Beige	200 mm	375 mm	10 Sheets
64225 0000	Beige	75 mm	10 m	1 Dispenser
64226 0000	Beige	100 mm	10 m	1 Dispenser
64227 0000	Beige	150 mm	10 m	1 Dispenser
64228 0000	Beige	200 mm	10 m	1 Dispenser

## 3D-LITE™

3D-LITE™ is available in sheets in three different thicknesses 3, 5 and 7 mm. It is used for splinting and bracing and also suitable for larger applications. Our fabrication kits, Cut-4-Custom corset LSO and TLSO, are made from 3D-LITE™ and share the same benefits as the rest of our products.

### 3D-LITE™ SHEETS

3D-LITE™ comes in three different thicknesses, each one suitable for different applications:

#### 3mm

Small joint and small anatomy. Excellent for rheumatoid patients.

#### 5mm

When more stability is needed, humeral fracture bracing, tibia fracture bracing, elbow splints, paediatric TLSOs.

#### 7mm

An extremely rigid material. Very suitable for adult TLSO's and other applications where maximum rigidity is required.



Item No.	Colour	Width	Length	Thickness	Package
64896 0000	Beige	600 mm	600 mm	3 mm	1 Sheet
64897 0000	Beige	600 mm	900 mm	3 mm	1 Sheet
64898 0000	Beige	600 mm	600 mm	5 mm	1 Sheet
64899 0000	Beige	600 mm	900 mm	5 mm	1 Sheet
64900 0000	Beige	600 mm	600 mm	7 mm	1 Sheet
64901 0000	Beige	600 mm	900 mm	7 mm	1 Sheet

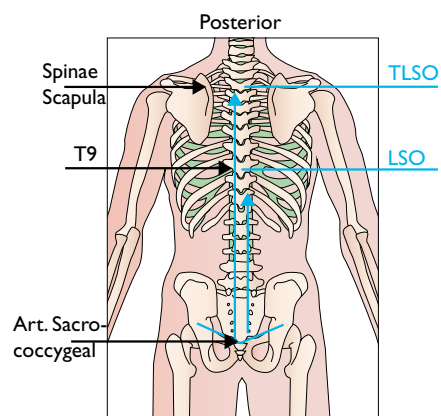
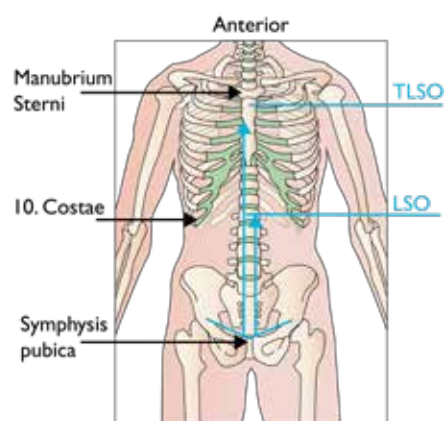
## CUT-4-CUSTOM LSO & TLSO

Cut-4-Custom is a corset in 3D-LITE™ material which consists of a pre-cut front and back section with pre-attached straps. It is easily moulded directly on the patient for a custom fitted stable corset.

The corset comes as a LSO and TLSO to accommodate prescription and patient anatomy. Find the right size by measuring your patient and compare with the Sizing Chart. Choose a Front and a Back.



## 3D-LITE™



Both panels are ready to be heated and custom moulded to patient. The pre-attached straps may be repositioned to meet the specific needs of your patient. Available in 2 heights to accommodate prescription and patient anatomy:

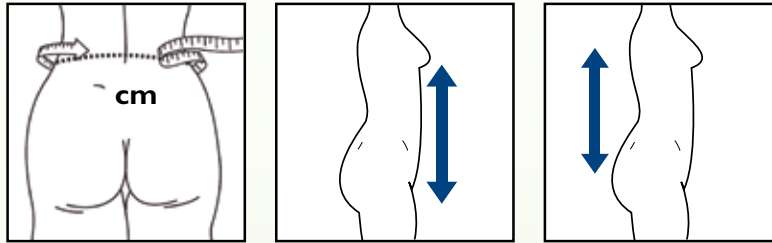
- Pre-cut panels are sold separately and are interchangeable.
- Panels may be re-heated, flattened, and re-shaped.
- Optional liners provide a soft interface between brace and skin, add an attractive appearance, and are washable.
- Cools and becomes a rigid LSO or TLSO in approximately 15-20 minutes.

# 3D-LITE™ Cut-4-Custom LSO & TLSO

Instructional videos available at [www.allardint.com](http://www.allardint.com)

## Sizing

1. Measure waist circumference.
2. Take vertical measurement required to meet prescription criteria.



Description	Front panel	Back panel
LSO	64919	64921
TLSO	64922	64923

	Description	Circumference in cm		Total height front in cm	Total height back in cm
		min	max		
LSO	LSO, XS/S	60	75	19,5	30
	LSO, S/M	70	90	19,5	31,5
	LSO, M/L	85	105	21,5	33,5
	LSO, L/XL	95	120	24,5	35
	LSO, XL/XXL	115	140	27	36,5
TLSO	TLSO, S/M	70	90	42	42
	TLSO, M/L	85	110	48	48
	TLSO, L/XL	105	135	48	48
	TLSO, XL/XXL	105	135	54	54

**IMPORTANT!** When applying the pre-cuts, it is important to wrap the material, using either elastic wrap or a hospital abdominal binder. Start with back section and when it has cooled, continue with the front. Wrapping is needed to assure the material fits the body contours and holds the pre-cut in position until it hardens.

## X-LITE® AND 3D-LITE™ ACCESSORIES

To provide the patient with the best and most comfortable solution we have a wide range of accessories that will help you to complete your cast or splint.

### STOCKINETTE DISPENSER

Our round knitted polyester stockinette is soft and comfortable against the skin. The Stockinette is ribbed which gives a good fit with no wrinkles against the skin. Roll in a practical dispenser box.

Item No.	Colour	Width	Length	Package
64394 0000	White	30 mm	25 m	1 Dispenser
64395 0000	White	50 mm	25 m	1 Dispenser
64396 0000	White	70 mm	25 m	1 Dispenser
64397 0000	White	100 mm	25 m	1 Dispenser
64398 0000	White	150 mm	25 m	1 Dispenser



### X-LITE® STOCKINETTE

Round knitted stockinette in 100% non-bleached polypropylene. Soft and comfortable with an excellent ability to transport moisture away from the skin. The stockinette is ribbed which gives a good fit.

Item No.	Colour	Width	Length	Package
64401 0001	White	30 mm	10 m	1 Roll
64411 0002	White	50 mm	10 m	1 Roll
64421 0003	White	70 mm	10 m	1 Roll
64431 0004	White	100 mm	10 m	1 Roll
64441 0006	White	150 mm	10 m	1 Roll
64442 0008	White	200 mm	10 m	1 Roll





## X-LITE® FOAM

This under-cast padding made out of foam is developed for the X-LITE® range of products. It is slightly water repellent and ventilated. It gives a good suspension which last over time.

Item No.	Colour	Width	Length	Package
64480 0003	White	75 mm	2,75 m	20 Rolls
64485 0000	White	100 mm	2,75 m	16 Rolls
64490 0005	White	125 mm	2,75 m	10 Rolls



## X-LITE® FINISHING/EDGING TAPE

X-LITE® Edging Tape is designed to cover the edges on a splint for a soft and comfortable finish. It is heated in a few seconds in the waterbath and bonds instantly on all X-LITE® and 3D-LITE™ material.

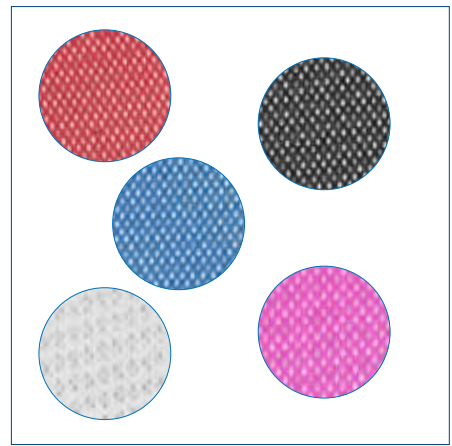
Item No.	Colour	Width	Length	Package
64185 0000	White	18 mm	7,5 m	1 Dispenser
64180 0000	White	25 mm	7,5 m	1 Dispenser
64190 0000	White	50 mm	7,5 m	1 Dispenser
64183 0000	White	18 mm	50 cm	50 Sheets
64187 0000	White	25 mm	50 cm	50 Sheets



## X-LITE® PLUS EDGING TAPE

X-LITE® PLUS Edging tape gives a neat finish to the splint and secures a soft edge. It offers extra stability to the splint since it is made from our splinting material X-LITE® PLUS. It works very well with all our materials including 3D-LITE™. Heat in 70° C warm water.

Item No.	Colour	Width	Length	Package
64235 0000	White	25 mm	4 m	Dispenser box
64236 0000	Red	25 mm	4 m	Dispenser box
64237 0000	Blue	25 mm	4 m	Dispenser box
64238 0000	Black	25 mm	4 m	Dispenser box
64239 0000	Hot Pink	25 mm	4 m	Dispenser box



## 3D-SAFE

3D-SAFE is a self-adhesive soft foam that adheres easily to 3D-LITE™ and leaves a soft edge around your splint.

Item No.	Colour	Width	Thickness	Length	Package
64200 0000	White	40 mm	3 mm	10 m	1 Roll





## X-LITE® THERMOPLASTIC HOOK

An easy solution to attach your pile closure straps to your splint or brace. Bonded to the back of the "hook" is the same cotton gauze used in the Finishing/Edging Tape which bonds instantly and permanently on all our materials.

Item No.	Colour	Width	Length	Package
64195 0000	White	50 mm	50 cm	5 Sheets
64196 0000	White	50 mm	5 m	1 Dispenser
64197 0000	Black	50 mm	50 cm	5 Sheets
64198 0000	Black	50 mm	5 m	1 Dispenser



## MIKROFIX

Self-adhesive Hook and Loop. Both ultra-thin, strong and high quality. The Hook material has very short hooks which does not tear unnecessarily and gives the patient greater comfort.

Item No.	Description	Colour	Width	Length
25040 0000	Mikrofix, hook	Transparent	50 mm	25 m
25041 0000	Mikrofix, hook	Black	50 mm	25 m
25042 0000	Mikrofix, loop	White	50 mm	25 m
25043 0000	Mikrofix, loop	Black	50 mm	25 m



## SOFT AFO STRAPPING

High-quality double woven strapping material for any of your orthosis strapping needs. Slightly elasticated for increased flexibility.

Item No.	Colour	Width	Length
25060 0000	Black	40 mm	10 m
25061 0000	Black	50 mm	10 m



## COMFORT LOOP, ELASTIC

Elastic Loop in extra thick quality. Extremely soft with rounded edges for long-term patient comfort.

Item No.	Colour	Width	Length
25030 0019	White	19 mm	4,5 m
25030 0025	White	25 mm	4,5 m
25030 0050	White	50 mm	4,5 m



## SELF-ADHESIVE HOOK STANDARD

Strong, long-lasting Hook with adhesive back. Works with all our Loop products.

Comes in White, Beige and Black in different widths.

Other: ECO-TEX Class 2.

Item No.	Description	Colour	Width	Length
25024 1020	Hook	White	20 mm	25 m
25024 1025	Hook	White	25 mm	25 m
25024 1050	Hook	White	50 mm	25 m
25025 1025	Hook	Beige	25 mm	25 m
25028 1050	Hook	Black	50 mm	25 m





## LOOP STANDARD

Soft Loop with sewn edges. Works with all our Hook products.  
Comes in White, Beige and Black in different widths.  
Other: ECO-TEX Class 2.

Item No.	Description	Colour	Width	Length
25020 2025	Loop	White	25 mm	25 m
25020 2050	Loop	White	50 mm	25 m
25021 2025	Loop	Beige	25 mm	25 m
25021 2050	Loop	Beige	50 mm	25 m
25027 2025	Loop	Black	25 mm	25 m
25027 2050	Loop	Black	50 mm	25 m



## ELASTIC LOOP STANDARD

Soft elastic Loop with sewn edges.  
Works with all our Hook products.  
Comes in White and Beige in different widths.  
Other: ECO-TEX Class 2.

Item No.	Description	Colour	Width	Length
250222030	Loop, Elastic	White	30 mm	10 m
250222050	Loop, Elastic	White	50 mm	10 m
250232030	Loop, Elastic	Beige	30 mm	10 m
250232050	Loop, Elastic	Beige	50 mm	10 m



## X-LITE® PLATE COATED WITH SILICONE

The plate can be used as a support at the workstation. The silicone coating prevents the X-LITE® from adhering against the surface and the plate can be placed on top of a towel to soak up excess water.

Item No.	Width	Length
64811 0000	325 mm	530 mm

## STEP BY STEP INSTRUCTIONS DISTAL INTERPHALANGEAL MALLET SPLINT

X-LITE® is a thermoplastic polymer and therefore becomes soft and malleable when heated and solidifies while cooling down. This process can be repeated any number of times without material breakdown or waste. The cotton fabric mesh within X-Lite forms a natural passage way for heat and moisture which makes it perfect for making Mallet splints.



### Recommended Material

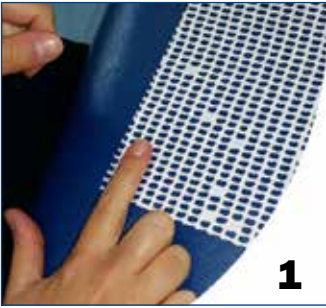
- X-LITE® Classic (sheets or rolls)

### Objective

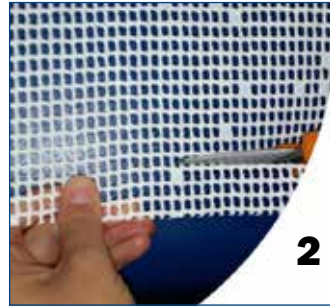
- Immobilisation of the DIP joint (finger or thumb)
- Positioning of the DIP joint

### Indications

- Post Trauma i.e. tendon injury (mallet injury)/distal phalanx fracture
- Post-surgery i.e. arthrodesis/fusion of the DIP joint
- Positioning of the DIP joint
- Pain
- Oedema
- Arthritis/Rheumatological conditions
- Instability



1  
Measure width of splint needed by adding a row of rectangular openings to the width of the finger. Average length of splint = 15 holes.



2  
TOPTIP: Cut material with holes orientated horizontally. This will make the splint easier to mould.



3  
Heat X-LITE® material in water-bath set at 70°C. Place material distal to PIP joint on the volar aspect of the finger.



4  
Fold X-LITE® material over the top end of the finger. Keep a gap on one side of the splint to allow for adjustments. Use the stretch of the material to help lift the end of the finger.



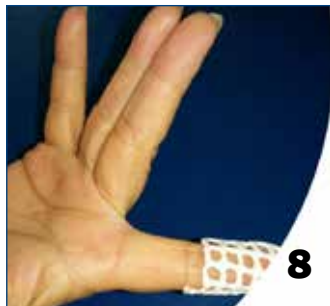
5  
Fold over edges of X-LITE® material at the tip of the finger and apply pressure to seal one side. Stroke along the material to smooth edges.



6  
Position the splinted finger in neutral or hyperextension using pressure along the volar side. Don't push on the fingertip as this may cause a pressure area.



7  
Use your palm to position the DIP joint to neutral or hyperextension. This will distribute the pressure evenly.



8  
Ensure the PIP joint is not occluded by the splint.



9  
Tape into place adjusting the gap in the splint to fit. Inform the patient to change the tape when it gets wet or dirty.



10  
Inform the patient to keep the splint on 24 hours a day. Your patient may get their hand/finger wet when wearing the X-LITE® mallet, as long as they have been advised to change the tape when necessary. Skin will dry through the splint.



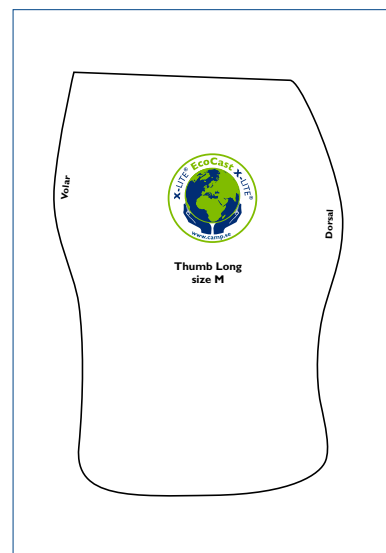
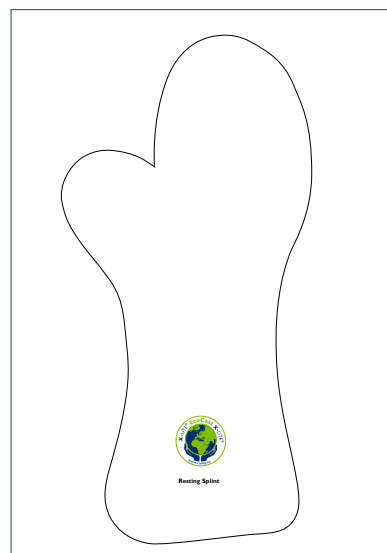
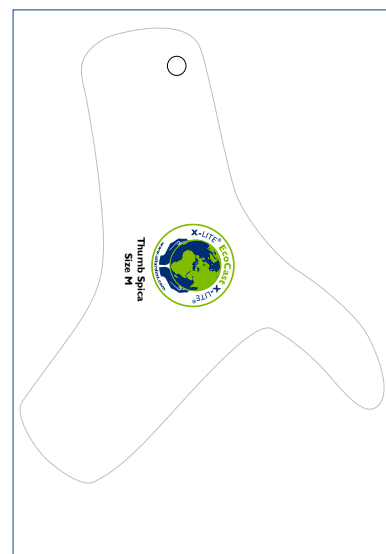
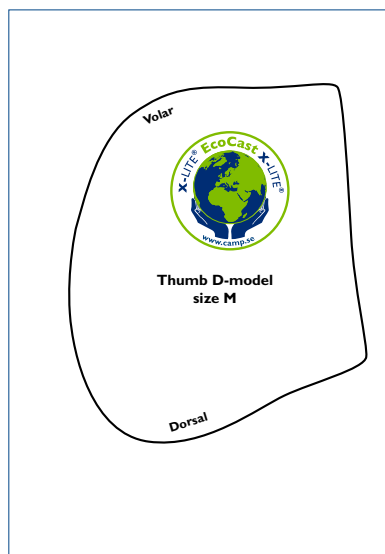
11  
Inform your patient to mobilise PIP joint fully.

## SPLINT TEMPLATES

Full size templates can be downloaded and printed from our website at:

[www.allarduk.co.uk/download-center/x-lite](http://www.allarduk.co.uk/download-center/x-lite)

Ensure that when printing you change your print settings to print to 'actual size/custom scale 100%' before printing!



## S.O.T THUMB ORTHOSIS



\* complete orthosis with one cover  
 \*\* Relation between MCP width and wrist to fingertip length can vary. Regard the size interval only as a guide.

S.O.T Thumb is an anatomically shaped orthosis for thumb and palm. The orthosis is designed to restrict movements in CMC and MCP joints, support the hand's arch and position the thumb's joints and muscles in a comfortable and desirable resting position to avoid overstretched ligaments that can lead to subluxation in the joint.

Some of the benefits and features of S.O.T Thumb include:

- Adjustable aluminium core that can easily be shaped to the patient's anatomy
- Adjustable as the contracture changes
- Machine washable, with cover, at 40°C.

Indications:

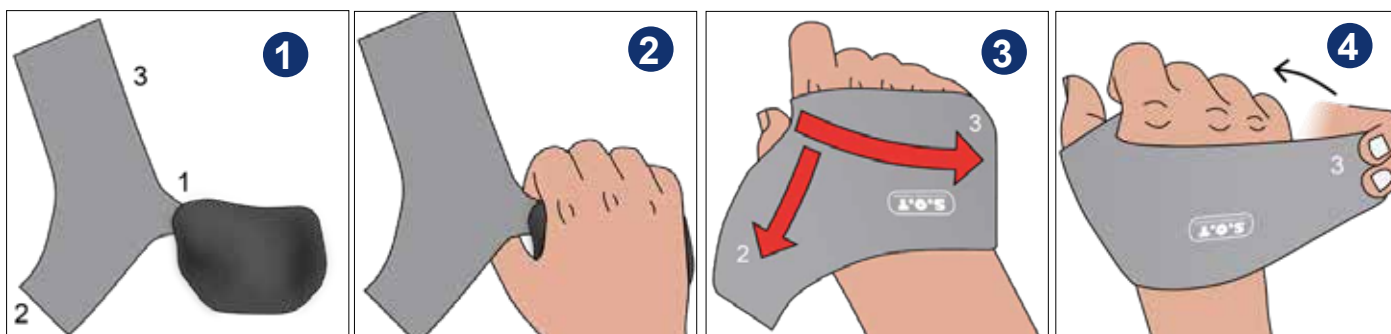
Osteoarthritis, rheumatoid arthritis, adduction contracture of the thumb and overload injury of the CMC joint.

Note when treating Osteoarthritis in CMC regions 1-4: At stage 4 the scaphoid is involved. The thumb support should then be combined with a wrist orthosis.

Item No.	Description	Side	Size	MCP Width**	Length ** (from wrist to fingertip)
28720 1011	S.O.T.Thumb Orthosis*	Left	Small	≤7,5 cm	≤ 18,5 cm
28720 1012	S.O.T.Thumb Orthosis*	Left	Medium	≤ 8,5 cm	≤ 20 cm
28720 1013	S.O.T.Thumb Orthosis*	Left	Large	≤ 9 cm	≤ 21 cm
28720 2011	S.O.T.Thumb Orthosis*	Right	Small	≤7,5 cm	≤ 18,5 cm
28720 2012	S.O.T.Thumb Orthosis*	Right	Medium	≤ 8,5 cm	≤ 20 cm
28720 2013	S.O.T.Thumb Orthosis*	Right	Large	≤ 9 cm	≤ 21 cm
28721 1011	Extra cover	Left	Small		
28721 1012	Extra cover	Left	Medium		
28721 1013	Extra cover	Left	Large		
28721 2011	Extra cover	Right	Small		
28721 2012	Extra cover	Right	Medium		
28721 2013	Extra cover	Right	Large		

## 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 it's 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.

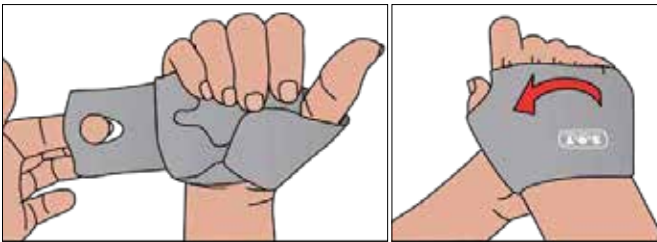
## ADDUCTED THUMB



### 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.

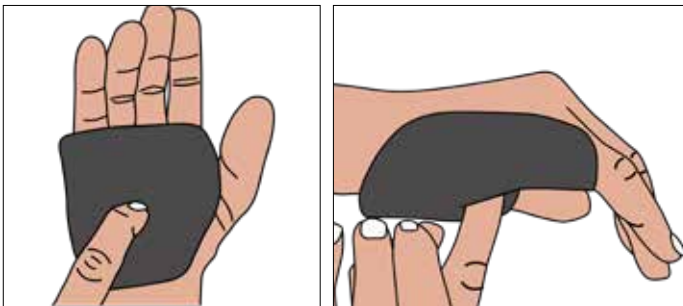
## LIMITED MUSCLE FUNCTION



### 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.

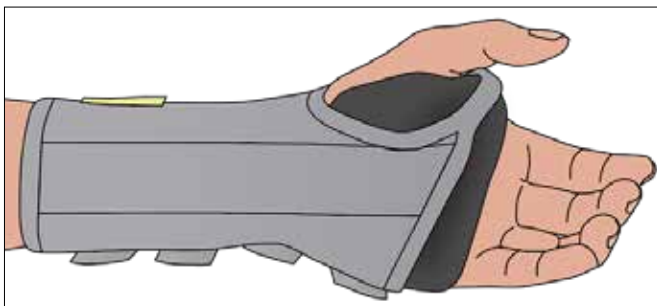
## EXTRA SUPPORT FOR MCP-JOINTS



Choose 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



*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.*

*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.*

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.

## S.O.T RESTING SPLINT

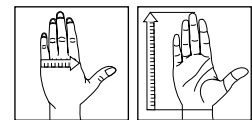
Many stroke patients over time may get a variety of complications, such as spasticity, paralysis, pain, loss of sensation, decreased proprioception and oedema of the hand and arm. These complications can cause a reduction of mobility in the hand and eventually contractures may develop (the hand and fingers will not straighten). Therefore, it is important to start with orthotic treatment, along with hand therapy at an early stage, before spasticity is established.

S.O.T is a resting splint for the spastic and paretic hand, when the goal is to maintain or increase the mobility of the hand.

The orthosis is smooth and lightweight. The S.O.T has an aluminium core which allows adjustment to the desired position. The aluminium core is embedded into polyethylene foam, which is covered with fabric. The brace is delivered in a resting position. A resting position can offer pain relief, relaxation to the hand and it also provides a good biomechanical position that may reduce the risk of flexor shortening of the wrist and fingers.

Patients suffering with rheumatoid pain may benefit from S.O.T as it prevents the hand from falling into unfavourable painful positions. The orthosis can be readjusted into POSI or Intrinsic-Plus Position.

**Intended use:** The main indications for the brace in resting position is stroke, CP, rheumatoid arthritis, radialis paresis, muscular dystrophy, edema or plexus injury.



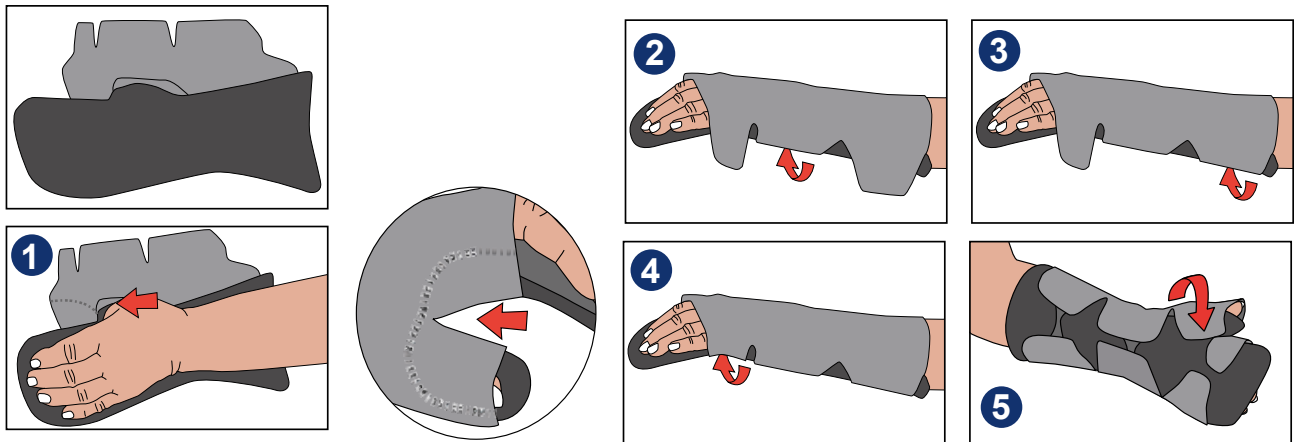
Item no. Left	Item no. Right	Description	Side	Size	MCP Width	Wrist to finger tlp
28710 1008	28710 2008	S.O.T Resting splint	L/R	XXX-Small	5,5cm	≤ 12cm
28710 1009	28710 2009	S.O.T Resting splint	L/R	XX-Small	≤ 6,5cm	≤ 14cm
28710 1010	28710 2010	S.O.T Resting splint	L/R	X-Small	≤ 7,5cm	≤ 16cm
28710 1011	28710 2011	S.O.T Resting splint	L/R	Small	≤ 7,5cm	≤ 18.5cm
28710 1012	28710 2012	S.O.T Resting splint	L/R	Medium	≤ 8,5cm	≤ 20cm
28710 1013	28710 2013	S.O.T Resting splint	L/R	Large	≤ 9 cm	≤ 21cm
28711 0009		MCP wedge	Bilat.	XX-Small	Width 65mm	Height 10mm
28711 0011		MCP wedge	Bilat.	Small	Width 75mm	Height 15mm
28711 0013		MCP wedge	Bilat.	Large	Width 90mm	Height 20mm
28712 0003		Finger divider	Bilat.	Paediatric		
28712 0005		Finger divider	Bilat.	Medium		
28712 0007		Finger divider	Bilat.	Large		
28713 0009		Extra strap	Bilat.	XXXS-XS		
28713 0012		Extra strap	Bilat.	Small-Large		
28714 1008	28714 2008	Additional cover	L/R	XXX-Small		
28714 1009	28714 2009	Additional cover	L/R	XX-Small		
28714 1010	28714 2010	Additional cover	L/R	X-Small		
28714 1011	28714 2011	Additional cover	L/R	Small		
28714 1012	28714 2012	Additional cover	L/R	Medium		
28714 1013	28714 2013	Additional cover	L/R	Large		



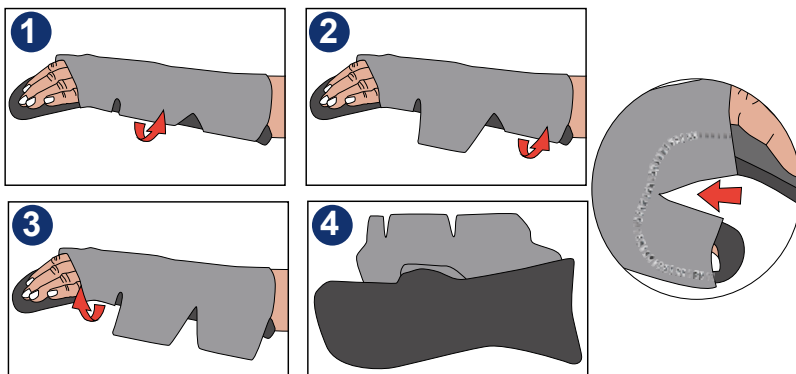


## HOW TO PUT ON THE ORTHOSIS

To ensure optimal function it is important that the cover is well applied and adjusted correctly in the thumb section (see illustration in circle below). Attach the cover by starting with the strap over the wrist. Make sure it is equally attached and comfortable. If the hand is swollen a larger size cover may be needed.

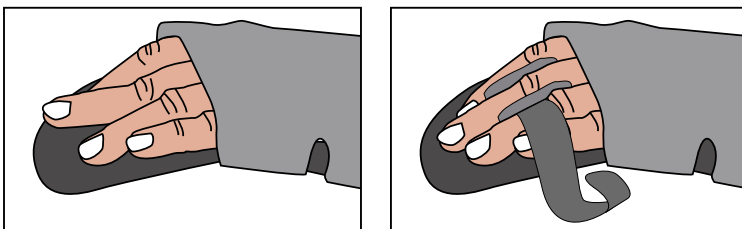


## HOW TO REMOVE THE ORTHOSIS

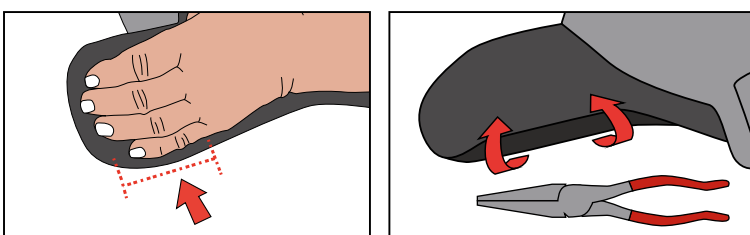


Loosen the cover only on the ulna side in order as shown in illustrations above. Leave the cover attached on the radial side, between the thumb and the first finger (see illustration in circle above). In this way it is easier to put the orthosis back on again.

## DIFFERENT WAYS TO USE THE FINGER DIVIDER

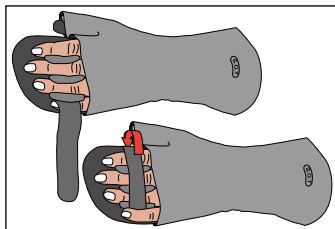
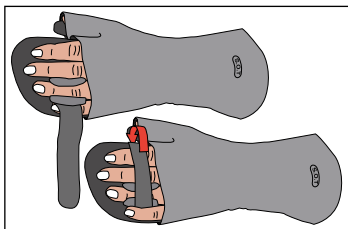


If one or more of the PIP-joints have a Swan neck deformity, the finger divider can act as a finger lift and counteract excessive PIP-joints. Then use the strap and the "walls" as support.



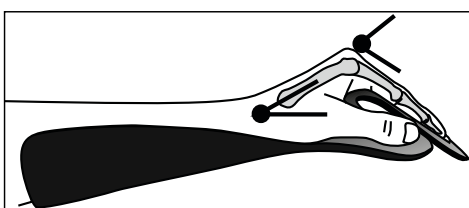
If extra support is needed on the ulna side, gently bend the edge of the orthosis with pliers.

## DIFFERENT WAYS TO USE THE FINGER DIVIDER

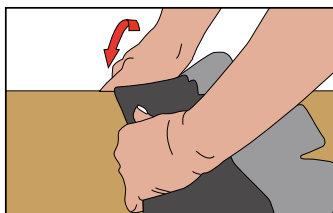
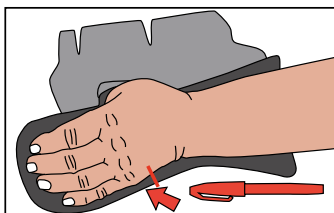


The finger divider can be used for one or more fingers. The walls of the finger divider that are not needed can be cut away. The strap must be crossed over the fingers and attached to the bottom of the orthosis.

## HOW TO RE-SHAPE FROM RESTING-POSITION TO REHAB-POSITION



To remould the orthosis in to POSI-position (Position of Safe Immobilization), the distal section of the splint must be adjusted. The area at the MCP-joints must be bent into between 60 - 80° of flexion and the area for the IP- and DIP-joints should be straighten to full extension.

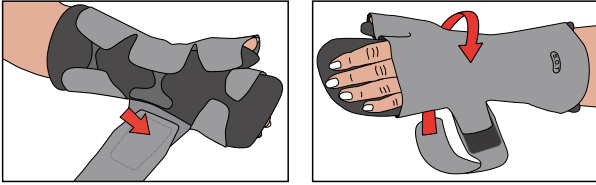


The orthosis has a core of aluminium that allows it to be transformed from its original position, Resting-Position, to Rehab-Position. To do this, use a size smaller and make a mark at the distal curve where the orthosis should be bent. Bend the orthosis over a table edge. It is important not to bend back and forth too many times because the aluminium is soft and may become weak and ineffective. Then straighten the area for PIP and DIP joints to full extension.



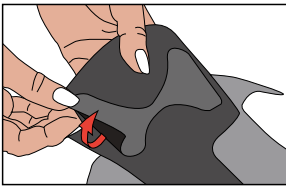
When the orthosis is to be used in Rehab-position, the cover can be folded back so that the MCP-joints are free and an extra strap is placed over the fingers as shown.

## EXTRA STRAP AND IT'S FUNCTION



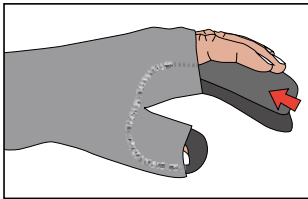
The extra strap is applied to the lining on the ulna side and wraps around the dorsal wrist, and passes over the radial side to hold the wrist in position on the orthosis. Position the extra strap onto the cover so that a piece of hard Velcro protrudes for the strap to attach to.

## HOW TO RE-POSITION THE VELCRO ON THE BRACE

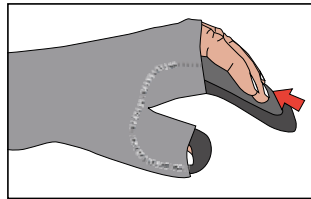


The Velcro straps located on the underside of the orthosis can easily be moved to new positions if necessary. Firmly tighten the Velcro against the product, otherwise they may loosen or change position during use.

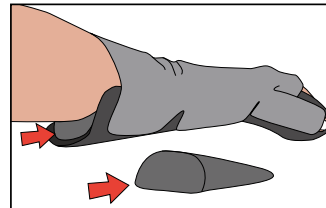
## HOW TO USE THE WEDGES FOR DIFFERENT PURPOSES



With the high part of the wedge distally, the stretch of the long finger flexors (Flexor Digitorum Profundus and Superficialis) increases.



With the lower part of the wedge positioned distally the stretch of Intrinsic muscles (Interossei and Lumbricals) increases.



To increase the extension of the wrist without re-shaping the orthosis, put the wedge in the back of the orthosis with the high part at the back.

# SELECTION®

## Modern & fresh material

Our Wrist and Thumb Supports are made from a material developed exclusively for Allard. Selection® Powernet, the inner textile mesh gives the material its perfect elasticity and recovery for good consistent support. Selection® Air is a thin, soft and 100% air permeable material used in selected parts of the orthosis where textile doesn't impact on function or retain heat, giving a smooth finish. Together Selection® Air and Powernet can mould to anatomical contours that allow unrestricted movement and stability. A perfect fit that is soft inside and durable outside. Elegant with high comfort.



### SELECTION® Childrens Thumb

Selection® Thumb orthosis for children is elastic all the way around and the design keeps the thumb in a relaxed and pain free position.

Item No. Left	Item No. Right	Colour	Size	Wrist circumference	Palm Height	Total Length	Approx. Age
35300 1009	35300 2009	Black	XX-Small	8 - 11 cm	5 - 6 cm	11 cm	0,5 - 2 years
35300 1010	35300 2010	Black	X-Small	8 - 11 cm	6 - 7 cm	13,5 cm	2 - 3 years
35300 1011	35300 2011	Black	Small	10 - 12 cm	7 - 8 cm	14,5 cm	3 - 6 years
35300 1012	35300 2012	Black	Medium	12 - 14 cm	8 - 9 cm	17 cm	6 - 11 years
35300 1013	35300 2013	Black	Large	14 - 16 cm	8 - 9 cm	17,5 cm	11 - 13 years



### SELECTION® Childrens Wrist

Selection® Wrist orthosis for children is made with two stepless closures for simple adjustment. The thumb strap is adjustable. Simple aluminum stay that is easy to shape. Added colour for children.

Item No. Left	Item No. Right	Colour	Size	Wrist circumference	Palm Height	Total Length	Approx. Age
35305 1009	35305 2009	Black	XX-Small	8 - 11 cm	5 - 6 cm	11 cm	0,5 - 2 years
35305 1010	35305 2010	Black	XSmall	8 - 11 cm	6 - 7 cm	13,5 cm	2 - 3 years
35305 1011	35305 2011	Black	Small	10 - 12 cm	7 - 8 cm	14,5 cm	3 - 6 years
35305 1012	35305 2012	Black	Medium	12 - 14 cm	8 - 9 cm	17 cm	6 - 11 years
35305 1013	35305 2013	Black	Large	14 - 16 cm	8 - 9 cm	17,5 cm	11 - 13 years



### SELECTION® Childrens Open Wrist

Selection® Wrist orthosis for children is made with two stepless closures for simple adjustment. The thumb strap is adjustable. Simple aluminum stay that is easy to shape. Added colour for children.

Item No. Left	Item No. Right	Colour	Size	Wrist circumference	Palm Height	Total Length	Approx. Age
35306 1011	35306 2011	Black	Small	11,5 - 14 cm	7 - 8 cm	13,5 cm	3 - 6 years
35306 1012	35306 2012	Black	Medium	12 - 15,5 cm	8 - 9 cm	14,5 cm	6 - 11 years
35306 1013	35306 2013	Black	Large	14 - 16,5 cm	8 - 9 cm	17 cm	11 - 13 years

## SELECTION® Wrist Short

Selection® Short is similar to Selection® Wrist Soft, low cut and without any stay on the volar side.

It has the same strapping features, adjustable thumb strap and made from the smooth and well appreciated Selection material.

Item No. Left	Item No. Right	Colour	Size	Wrist circumference
35222 1010	35222 2010	Black	X-Small	< 11 cm
35222 1011	35222 2011	Black	Small	11 - 14 cm
35222 1012	35222 2012	Black	Medium	14 - 17 cm
35222 1013	35222 2013	Black	Large	17 - 20 cm
35222 1014	35222 2014	Black	XLarge	20 - 23 cm
35223 1010	35223 2010	Beige	X-Small	< 11 cm
35223 1011	35223 2011	Beige	Small	11 - 14 cm
35223 1012	35223 2012	Beige	Medium	14 - 17 cm
35223 1013	35223 2013	Beige	Large	17 - 20 cm
35223 1014	35223 2014	Beige	XLarge	20 - 23 cm



## SELECTION® Thumb Soft

Selection® Soft is an elastic orthosis that align and stabilize the thumb joint and provides light support.

Item No. Black	Item No. Beige	Size	Side	Wrist circumference
35200 1010	35201 1010	X-Small	Left	< 13 cm
35200 1011	35201 1011	Small	Left	13 - 15 cm
35200 1012	35201 1012	Medium	Left	15 - 17 cm
35200 1013	35201 1013	Large	Left	17 - 20 cm
35200 1014	35201 1014	X-Large	Left	> 20 cm
35200 2010	35201 2010	X-Small	Right	< 13 cm
35200 2011	35201 2011	Small	Right	13 - 15 cm
35200 2012	35201 2012	Medium	Right	15 - 17 cm
35200 2013	35201 2013	Large	Right	17 - 20 cm
35200 2014	35201 2014	X-Large	Right	> 20 cm



## SELECTION® Thumb Rigid

Selection® Rigid gives increased stability due to the non-elastic fabric around the thumb section. The design supports the muscles, keeping the thumb in a neutral position.

Item No. Black	Item No. Beige	Size	Side	Wrist circumference
35202 1010	35203 1010	X-Small	Left	< 13 cm
35202 1011	35203 1011	Small	Left	13 - 15 cm
35202 1012	35203 1012	Medium	Left	15 - 17 cm
35202 1013	35203 1013	Large	Left	17 - 20 cm
35202 1014	35203 1014	X-Large	Left	> 20 cm
35202 2010	35203 2010	X-Small	Right	< 13 cm
35202 2011	35203 2011	Small	Right	13 - 15 cm
35202 2012	35203 2012	Medium	Right	15 - 17 cm
35202 2013	35203 2013	Large	Right	17 - 20 cm
35202 2014	35203 2014	X-Large	Right	> 20 cm





## SELECTION® Wrist Soft

SELECTION® Wrist Soft is our wrist support that offers medium stabilization to the wrist and hand. It has a pre-shaped removable rigid stay on the volar side and a less rigid thinner removable stay on the dorsal side. It is low cut to follow the hand's natural bend and well cut around the thumb which allows the thenar muscles to work freely. The two-piece closing system makes the orthosis easy to open and close with one hand and allows adjustment of the width of the forearm. As the lacing comes from the ulnar side, the risk of misalignment of the thumb is reduced. It has an adjustable thumb grip. Due to the construction of the material it is possible to adjust the shape slightly by trimming with scissors. The length of the orthosis is 18cm on the volar side.

Item No. Left	Item No. Right	Colour	Size	Wrist circumference	Arm circumference
35204 1010	35204 2010	Black	X-Small	< 11 cm	N/A
35204 1011	35204 2011	Black	Small	11 - 14 cm	N/A
35204 1115	35204 2115	Black	Small Plus	11 - 14 cm	18 - 21cm
35204 1012	35204 2012	Black	Medium	14 - 17 cm	N/A
35204 1125	35204 2125	Black	Medium Plus	14 - 17 cm	21 - 24 cm
35204 1013	35204 2013	Black	Large	17 - 20 cm	N/A
35204 1135	35204 2135	Black	Large Plus	17 - 20 cm	24 - 27 cm
35204 1014	35204 2014	Black	X-Large	20 - 23 cm	N/A
35204 1145	35204 2145	Black	X-Large Plus	20 - 23 cm	27 - 30 cm
35204 1015	35204 2015	Black	XX-Large	> 23 cm	N/A
35204 1115	35204 2115	Black	XX-Large Plus	> 23 cm	30 - 33 cm
35205 1010	35205 2010	Beige	X-Small	< 11 cm	N/A
35205 1011	35205 2011	Beige	Small	11 - 14 cm	N/A
35205 1115	35205 2115	Beige	Small Plus	11 - 14 cm	18 - 21cm
35205 1012	35205 2012	Beige	Medium	14 - 17 cm	N/A
35205 1125	35205 2125	Beige	Medium Plus	14 - 17 cm	21 - 24 cm
35205 1013	35205 2013	Beige	Large	17 - 20 cm	N/A
35205 1135	35205 2135	Beige	Large Plus	17 - 20 cm	24 - 27 cm
35205 1014	35205 2014	Beige	X-Large	20 - 23 cm	N/A
35205 1145	35205 2145	Beige	X-Large Plus	20 - 23 cm	27 - 30 cm
35205 1015	35205 2015	Beige	XX-Large	> 23 cm	N/A
35205 1155	35205 2155	Beige	XX-Large Plus	> 23 cm	30 - 33 cm



## SELECTION® Ulnar Deviation

Selection® Ulnar Deviation is intended for the management of Ulnar Deviation. Corrects alignment of joints of the fingers to improve extension, strength and function of the hand. Reduces pain and joint stiffness. Ulnar deviation is likely to be a characteristic for those with various forms of inflammatory disease, such as Rheumatoid Arthritis.

This may also be used for realignment and stabilization in patients with joint laxity and muscle weakness.

Item No. Left	Item No. Right	Colour	Size	Circumference MCP 2-5
35218 1010	35218 2010	Black	X-Small	14 - 17 cm
35218 1011	35218 2011	Black	Small	17 - 20 cm
35218 1012	35218 2012	Black	Medium	20 - 23 cm
35218 1013	35218 2013	Black	Large	23 - 27 cm

## SELECTION® MULTIOPEN

SELECTION® Multiopen is a semi-stable wrist support with double locking function. It can be opened up completely and secured loosely with Velcro and then pulled closed firmly with the lacing system.

The patient can choose to either open it completely each time the orthosis is taken on/off or only use the lacing function.

The orthosis is low cut to follow the hand's natural creases and the thenar creases allowing the the muscles to work freely.

The two-part lacing and locking in combination with Velcro enables adjustment of the width for a wider forearm.

As the lacing is positioned on the ulnar side, the risk of the thumb being positioned incorrectly decreases.

The orthosis has an adjustable thumb strap that attaches from the volar side and fastens on the dorsal side.

The components of the fabric make it possible to cut without fraying, using scissors, to shape for optimal fit. Made in an airy and comfortable SELECTION® material with all the functions that this entails.

The orthosis is 22cm in length, i.e. 4cm longer than a SELECTION® Soft 35204.

It has an adjustable aluminium stay on the volar side which is removable.



Item No. Left	Item No. Right	Colour	Size	Wrist circumference
35209 1010	35209 2010	Black	X-Small	< 11cm
35209 1011	35209 2011	Black	Small	11 - 14 cm
35209 1012	35209 2012	Black	Medium	14 - 17 cm
35209 1013	35209 2013	Black	Large	17 - 20 cm
35209 1014	35209 2014	Black	X-Large	20 - 23 cm
35209 1015	35209 2015	Black	XX-Large	23 - 26 cm





## SELECTION® RADIALIS THUMB SECTION

The Selection® range presents two new products, Radialis Finger and Radialis Thumb. These are sold as separate items to make it possible to combine them as and when required for thumb and finger extension. They have been designed to use for Radial Nerve Palsy, (dropped wrist caused by damage to the Radial Nerve) to assist functional grasp and release whilst the nerve recovers. These are intended to be combined with Selection® Wrist orthosis model numbers 35204, 35205 and 35209.

Item No. Left	Item No. Right	Colour	Size	Measure
35216 1011	35216 2011	Black	Small	3 - 4 cm
35216 1013	35216 2013	Black	Large	5 - 6 cm



Measure: Length joint centre MCPI – joint centre IPI.



## SELECTION® RADIALIS FINGER SECTION

Radialis Finger component comprises two sections that change to make it easier to put on and adapt to the best fit. The Finger Part is attached to the soft plush material on the dorsal side of the orthosis. Simple to attach and comfortable to use. Can also be combined with Radialis Thumb Section.

Item No. Left	Item No. Right	Colour	Size	Measure
35217 1011	35217 2011	Black	Small	17 - 20 cm
35217 1012	35217 2012	Black	Medium	20 - 23 cm
35217 1013	35217 2013	Black	Large	23 - 27 cm



Measure: Circumference MCP 2-5





## SELECTION® Wrist Rigid

Selection® Wrist Rigid has the same features as the soft version, but also a thumb section added for increased thumb support and stability. The thumb strap can be individually adjusted. It comes with a pre-shaped plastic stay on the palmar side and a soft narrow plastic stay on the dorsal side.

Item No. Left	Item No. Right	Size	Colour	Wrist circumference
35206 1010	35206 2010	X-Small	Black	< 11 cm
35206 1011	35206 2011	Small	Black	11 - 14 cm
35206 1012	35206 2012	Medium	Black	14 - 17 cm
35206 1013	35206 2013	Large	Black	17 - 20 cm
35206 1014	35206 2014	XLarge	Black	20 - 23 cm
35206 1015	35206 2015	XXLarge	Black	> 23 cm



## SELECTION® Open Wrist

Selection® Open Wrist is a brace that can be opened totally flat to make it easier to put it on. The strap on the inside can be removed if the opening needs to be even larger. The thumb strap can be individually adjusted. It comes with a pre-shaped plastic stay.

Item No. Left	Item No. Right	Size	Colour	Wrist circumference
35207 1010	35207 2010	X-Small	Black	< 11 cm
35207 1011	35207 2011	Small	Black	11 - 14 cm
35207 1012	35207 2012	Medium	Black	14 - 17 cm
35207 1013	35207 2013	Large	Black	17 - 20 cm
35207 1014	35207 2014	XLarge	Black	20 - 23 cm



Each Selection Wrist Support has a CS-spoon inserted on the palmar side of the orthosis. It is a pre-shaped plastic spoon with flared edges at top and bottom. A soft plastic stay is also incorporated on the dorsal side of the orthosis. Both are removable. The CS-spoon is also available in packs of 10. Item number 35210.



## ELEMENTS BODY GLOVE & SLEEVE

Elements Body is an orthoses made of Lycra fabric, composed of various panels. It is designed to give constant proprioceptive feedback through pressure and resistance. The function of Elements Body is to improve posture and stability. This is achieved by providing increased pressure to the body through a snug custom fit. By increasing the deep sensibility, proprioceptive feedback is increased. The proprioceptive feedback may also improve the patient's fine motor skills and functional performance. Various reinforcements can be selected to optimise flexion, extension, pronation and supination positions

### Recommended Range Of Application

Elements Body can be used as a treatment to reduce increased tonus in neurologic conditions such as Cerebral Palsy, Acquired Brain Injury, Acquired Spinal Cord Injury, Cerebellar Ataxia, Athetosis, Spina Bifida, Stroke or Multiple Sclerosis. Elements Body can also be used in the treatment of joint instability and sensory loss for the following conditions: Persistent Hyptonia, Ehlers Danlos Syndrome and Hypermobility, joint laxity.

### Measurement

The prescribing clinician must complete The Allard UK education course to become certified in prescribing/ordering our custom Lycra garments. Measurements are taken ensuring they reflect a snug fit. Elements Body is custom fabricated.



Item no.	Model
393300000	Short glove without fingers
393310000	Short glove with fingers
393350000	Long glove without fingers
393360000	Long glove with fingers
393400000	Sleeve

## ELEMENTS BODY TRIAL SLEEVE

The Trial sleeve has been designed to be used in the assessment process for Elements Body MTM upper limb garments. It enables the clinician to evaluate the users response to the application of a dynamic textile garment in preparation for a made to measure upper limb garment. The Trial sleeve is only to be used for an assessment period of 2-4 weeks to assist the clinician in identifying the clinical effectiveness and tolerance prior to the provision of an Elements Body MTM Garment.



Item No.	Size	L/R	Wrist cm	Elbow cm	Biceps cm
39344 0008	XXX-Small	Bilat.	11-12	16-18	16-18
39344 0009	XX-Small	Bilat.	12-13	18-20	18-20
39344 0010	X-Small	Bilat.	13-14	20-22	20-22,5
39344 0011	Small	Bilat.	14-15	21-23	22,5-25
39344 0012	Medium	Bilat.	14-16	22-25	24-27
39344 0013	Large	Bilat.	16-18	25-28	27-30
39344 0014	X-Large	Bilat.	18-20	28-31	30-33
39344 0015	XX-Large	Bilat.	20-22	31-34	33-37



# Support for Better Life!



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