

Instructions and Care Plan for the Comfy™ Goniometer Hand Orthosis (GH101)



1. After passive range of motion of the wrist & fingers, to allow for maximum wrist & finger, place Orthosis along the inside flexion surface of the arm & hand.

2. The **Comfy™ Goniometer Hand Orthosis** can be adjusted to limit the range of flexion or extension of the wrist as desired. Unzip the cover to expose the goniometer mechanism. Loosen screw with Allen wrench provided (screw loosens by turning counterclockwise). One tab limits flexion and one tab limits the degree of extension. Position one tab to limit flexion and position the second tab so as to limit the maximum degree of extension allowed. The approximate number of degrees can be read off the Goniometer.



Note: The point of contact between the pin and the tab, most accurately reflects the degree of angulation (not the center of the tab). Each notch represents 30°. When readjusting the range of motion permitted, it is preferred to keep one tab fixed in position (usually the tab at the 0° mark). Progress in therapy is read off as changes in position of the edges of the tab along the Goniometer marks.

3. The **Comfy™ Goniometer Hand Orthosis** is easily adjusted and re-adjusted to any desired angle and maintains its shape. To lock the Orthosis in a fixed position: merely place the tabs on both sides of the pin and tighten the screw.

4. Once the desired angulation for the wrist & finger is achieved, re-close the zipper, wrap the straps around the wrist & finger and secure with Velcro. It is suggested that the therapist maintain a two-finger space under the straps to prevent excessive pressure areas on the patient's skin.

5. Check **Comfy™ Goniometer Hand Orthosis** every 15 minutes initially, and then increase intervals to every two hours, for pressure areas, edema, or skin irritation. If signs of redness, increased swelling or pain appear, discontinue use and notify physician.

6. The Terrycloth cover can be washed by hand or machine in lukewarm water. Do not use bleach or hot water. Air or tumble dry on cool or warm setting. Wiping both sides with a solution of warm water and disinfectant or detergent can clean the insert.

The Comfy™ Goniometer Hand Orthosis requires a physician prescription and should be applied and supervised by a trained healthcare professional. If any of the metal frames becomes exposed, signs of redness, swelling or pain appear, discontinue use and notify physician.

CARE PLAN

INTRODUCTION: The **Comfy™ Goniometer Hand Orthosis** is a patient specific product that can be easily fitted and labeled for single patient use upon order of a physician. It should be used only in connection with a care plan and custom fitting instructions by a trained health care professional.

INDICATIONS: This Splint is to be used to position and support hands that present with Wrist, MP, PIP or DIP flexion pattern, ulnar deviation, wrist drop, ulnar deviation, arthritic changes or any deformity related to neuromuscular impairment.

RESULTS: The **Comfy™ Goniometer Hand Orthosis** will help increase/maintain wrist, MP, PIP and Dip extension. It also prevents further deformity, maximizes ROM, and makes maintenance of good hygiene of the involved extremity easier. The terry cloth cover helps absorb moisture and allows for air circulation, thereby helping prevent skin maceration.

CONTRA-INDICATIONS: The **Comfy™ Goniometer Hand Orthosis** should not be used if the patient has any circulatory problems, pressure areas or skin irritations.

FITTING INSTRUCTIONS: The **Comfy™ Goniometer Hand Orthosis** should be applied and *fitted only by a trained professional*. Fit and shape Orthosis according to patient's requirements and as indicated in instructions. Check Orthosis fit and place two fingers under strap to ensure strap is not too tight.

WEARING TOLERANCE: Check **Comfy™ Goniometer Hand Orthosis** at least every two hours until removed, to see if there are any problems such as skin abrasions, redness, blisters, or increased edema (if straps are too tight). With patients who have sensory deficits, the Orthosis should be checked more frequently.

MAINTENANCE OF ORTHOSIS: The Cover of this **Comfy™ Goniometer Hand Orthosis** is designed to be removable for laundering. The fabric cover can be washed by hand or by machine in lukewarm water. Do not use bleach or hot water. Air or tumble dry on cool or warm setting. Wiping both sides with a solution of warm water and detergent or with disinfectant can clean the bend-able white insert. If any of the metal frames becomes exposed, cease using the device.



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Patent 5,733,249
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