

## PATIENT INSTRUCTIONS

### Metacarpophalangeal Joint Extension Dynasplint® System

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*I acknowledge receipt of these patient instructions, which I have read and fully understand.*

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

**IMPORTANT:** Read instructions thoroughly before wearing the Metacarpophalangeal Joint Extension Dynasplint® System. Be sure that the splint fits comfortably and properly. If you feel pain, numbness, swelling or skin irritation remove the splint immediately and contact your Dynasplint® Systems sales consultant. If joint stiffness persists longer than one hour after wearing the unit, reduce the tension by 0.5 increments, approximately  $\frac{1}{2}$  turn. Contact your Dynasplint® Systems sales consultant if you have any questions.

**NOTE:** Protect Thermoplastic from heat sources. Do not store in direct sunlight or in temperatures exceeding 110°F (e.g., inside a car in the summer) as the pieces could deform.

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*Stretch Beyond Your Expectations.®*

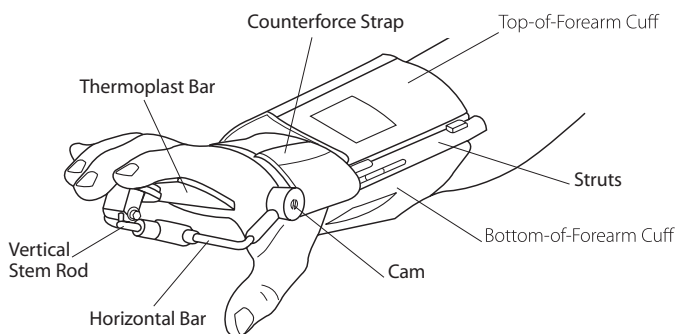
## FITTING INSTRUCTIONS

### APPLYING THE METACARPOPHALANGEAL EXTENSION DYNASPLINT® SYSTEM:

**CAUTION:** *Protect thermoplastic from heat sources. Thermoplastic components should not be stored or left in an environment which would expose them to direct sunlight and/or temperatures in excess of 110°F. Should thermoplastic components be exposed to temperatures in excess of 110°F (e.g., left in a closed automobile on a hot summer day) they could very well suffer deformation.*

- STEP 1:** Open completely or loosen top-of-forearm cuff and counterforce strap.
- STEP 2:** While seated at a table, hold finger plate section in the “down” position with unaffected hand. Slide or lay the arm into the unit. The finger plate should rest with all fingers on it.
- STEP 3:** Align the upper and lower struts (tubes) with the midlines of the sides of the lower arm.
- STEP 4:** Align the cams with the knuckle joints. See Figure 1.

**FIGURE 1.**



- STEP 5:** With your unaffected hand, attach the Dynasplint® System to the arm by feeding the top-of-forearm cuff and strap through the D-wire on the opposite side. Pull back firmly; fasten the Velcro® sides together.
- STEP 6:** Check cuffs for tightness. You should be able to slide a finger between arm and Dynasplint® System.
- STEP 7:** Check alignment. See Figure 1. The struts should line up with centers of the sides of the arm, and the cams should be near or at the center of the sides of the knuckles.
- STEP 8:** Do not tamper with bottom-of-forearm cuff. While the Dynasplint® System is in place, the arm should not hang down. You should be inactive and relaxed while wearing the Dynasplint® System. The most comfortable position while sleeping is with the arm supported so that it is level with the heart.

## REMOVING THE METACARPOPHALANGEAL EXTENSION DYNASPLINT® SYSTEM:

**STEP 1:** Completely open the top-of-forearm cuff and counterforce strap.

**STEP 2:** Remove hand from splint.

Continue to follow your physician's or therapist's instructions regarding your home therapy program while wearing the Dynasplint® System. Record your comments daily on the evaluation sheet (back page of booklet) for review with your Dynasplint® Systems sales consultant.

## CLINICIAN'S PRESCRIBED TREATMENT SCHEDULE

*These are guidelines only. Remove the Dynasplint® System if you experience pain at any time and contact your Dynasplint® Systems sales consultant.*

Tension to be initially set at \_\_\_\_\_ increments.

Patient will wear the Dynasplint® System for \_\_\_\_\_ hours the first day.

If not more than one hour post-wear discomfort occurs, the patient may begin over-night application of \_\_\_\_\_ hours.

Increase tension by 0.5 – 1 increment on both sides of the splint if less than one hour of post-wear discomfort occurs.

Decrease tension if unable to wear for extended period of time.

Maximum tension: \_\_\_\_\_.

The basic protocol outline is to provide maximum benefit from the Dynasplint® System. *Increasing tension faster does not ensure proper stretch will be applied.*

Remember to wear the Dynasplint® System while inactive, preferably with the arm elevated.

Your follow-up visit is \_\_\_\_\_.

Please bring the Dynasplint® System and the completed evaluation sheet.

Sales Consultant: \_\_\_\_\_ Voicemail Number: \_\_\_\_\_

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Dynasplint Systems, Inc. products are covered by one or more of the following U.S.A. patents: 5,558,624; 5,645,521; 6,413,231; 6,506,172; 6,740,051; 6,908,475; 6,942,629; 6,942,631; 4,485,808; 4,508,111; 4,538,600; 4,944,290; 4,947,835; and 5,070,868. Other patents issued and/or pending in the U.S.A. and internationally.

The product described in the enclosed literature is intended for the specific purpose as per the instructions attached. Any use of this product outside of its intended purpose on any body part or in a manner outside the protocol established by Dynasplint Systems, Inc., is a use of the product for which it, its divisions and employees cannot be held responsible. All implied warranties of fitness for use for any other purpose (or purposes) are expressly disclaimed.

DYNASPLINT® SYSTEMS PATIENT EVALUATION SHEET

Date	Hours of Wear	Tension Setting	Daily Goal	Duration of Post-Wear Stiffness	Comments

Continue to report your progress on a separate sheet of paper.

4 POINT SUMMARY

- 1. NO PAIN while wearing the Dynasplint® System.
- 2. Time is the most important component.
- 3. Increase tension after 6-8 hours of wear if at most one hour post-wear discomfort occurs.
- 4. Decrease tension if unable to wear.

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