



# PATIENT INSTRUCTIONS Proximal Interphalangeal Joint Flexion Dynasplint® System

Corporate Headquarters: **800.638.6771** toll-free **800.380.3784** fax

Canada:

**800.668.9139** *toll-free* **905.851.3494** *fax* 

Europe:

+31.455 230 418 phone +31.455 231 303 fax

www.dynasplint.com

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 Proximal Interphalangeal Joint Flexion 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 mm increment. Contact your Dynasplint® Systems sales consultant if you have any questions.

 $DYNASPLINT\ and\ Dynasplint\ Systems\ are\ registered\ trademarks\ of\ Dynasplint\ Systems, Inc.\ Rev.\ 06/2017$ 

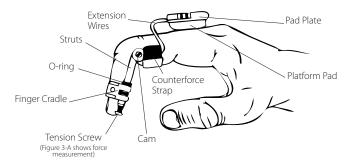
( (

## FITTING INSTRUCTIONS

#### APPLYING THE PROXIMAL INTERPHALANGEAL FLEXION DYNASPLINT® SYSTEM:

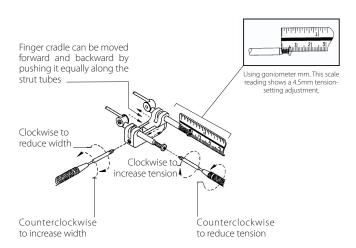
**STEP 1:** Open completely or loosen counterforce strap. Slip finger into unit so that the cams are in line with finger's PIP joint. See Figure 1.

#### FIGURE 1.



**STEP 2:** Adjust the finger cradle to achieve a comfortable width for both the cradle and the cams. If the finger is swollen at the PIP joint, widening the finger cradle will open the space between the cams and your PIP joint. See Figure 2.

**FIGURE 2.** Finger Cradle Width Adjustment



**STEP 3:** Adjust the counterforce strap to maintain placement of the cams in line with your PIP joint axis of rotation. See Figure 1.

#### REMOVING THE PROXIMAL INTERPHALANGEAL FLEXION DYNASPLINT® SYSTEM:

**STEP 1:** Open completely or loosen the counterforce strap.

**STEP 2:** Remove finger 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 mm or screw threads.					
Patient will wear the Dynasplint® System for minutes the first day.					
f no more than 20-30 minutes of post-wear discomfort occurs, the patient may ncrease wear time according to the recommended daily wearing schedule, building up to an overnight application. Time spent wearing the splint is the most important component in regaining range of motion.					
ncrease tension by 0.5mm increment on both sides of the splint if less than 20-30 minutes 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. <i>Increasing tension faster does not ensure proper stretch will be applied.</i>					
Remember to wear the Dynasplint® System while inactive.					
our follow-up visit is					
Please bring the Dynasplint® System and the completed evaluation sheet.					
Sales Consultant: Voicemail Number:					

# **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 hrs. of wear if no more than 20-30 mins. of post-wear discomfort.
- 4. Decrease tension if unable to wear.

©1996 Dynasplint Systems, Inc.

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; 6,743,051; 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.