

ESTS

INSTRUCTIONS

EXTENDED SHORT THUMB SPICA

antimicrobial treated*

AEM 5700 Antimicrobial EPA #: Reg. #64881-1



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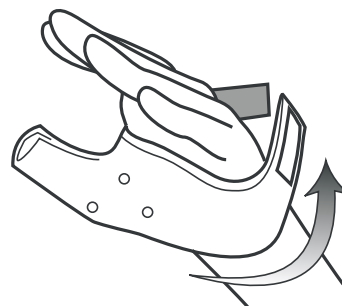
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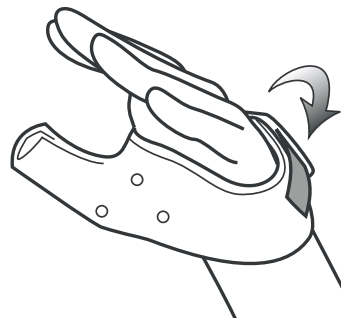
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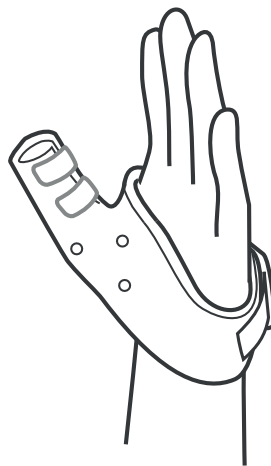
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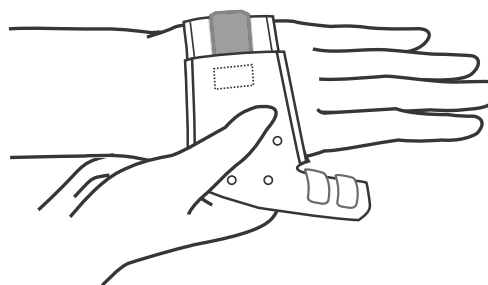
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ENGLISH

Before using the device, please read the entire instruction manual. Correct application and care is vital to the proper functioning of the device.

INDICATIONS

The Extended Short Thumb Spica (ESTS) provides stabilization to the proximal phalanx of the first digit and first metacarpophalangeal (MCP) joint.

CONTRAINDICATIONS

Patients with known allergies to foams, adhesives, or plastic products.

⚠ WARNINGS and PRECAUTIONS

- ▶ Brace should be fitted by a qualified healthcare professional.
- ▶ Do not heat brace on the body.
- ▶ Check to make sure brace is not too hot prior to application.
- ▶ Brace should be appropriately sized to the patient to ensure proper support and function.
- ▶ Care should be taken with patients with delicate or compromised skin, especially the elderly, not to apply the brace too tightly, which MAY cause pressure and shear to the fragile tissue. PATIENTS SHOULD BE INSTRUCTED ON APPROPRIATE TENSIONING DURING ONGOING USE. An under sleeve or STOCKINETTE may be used for added protection.
- ▶ Do not heat Exos™ products to greater than 212°F (100°C).

HEATING AND APPLICATION

- ▶ Proper heating temperature is 200°F (93°C).
- ▶ Heat brace in Exos oven approximately 3 minutes or until brace is pliable. Brace should not be too hot to handle comfortably.
- ▶ Ensure that skin is completely dry before application.
- ▶ Fit brace on patient. (Figure 1)
- ▶ Attach hook-and-loop fastener closure to dorsal side of hand. (Figure 2)
- ▶ Bivalve slit in thumb may be adjusted or trimmed while the brace is warm to better fit the circumference and/or length of the thumb, then secure hook-and-loop fastener type tabs. (Figure 3)
- ▶ Mold brace into desired position. (Figure 4)

Warning: The brace should not be worn too tightly. This may produce excessive mechanical force or shear forces to the skin.

For fitting tips on each Exos™ device:

Visit the Exos™ Provider Center at:
<http://exosmedical.com/provider/ESTS> or
Scan the QR image with your smartphone



LIMITED PRODUCT WARRANTY

Exos™ covers defects in workmanship and materials up to 8 weeks from date this product is dispensed. Damage caused by normal wear and tear, abuse, or alterations is not covered.