

The FastForm Thumb Spica



Select & Gauge



1a Measure wrist and arm.



1b Gauge optimum length, measure 2-3 finger breadths from elbow crease before heating.

Heat



2 Heat until soft and malleable all over. Continue to heat in one minute increments if necessary.

Fit



3a If shortening length, trim using scissors after heating. Leave one trim level more to facilitate folding.



3b To create a comfort cuff; Fold over proximal level and compress onto next level.

Apply



4a Insert thumb through the thumbhole and Spica and align the radial hinge along the radius.



4b Press the Spica firmly down over the thumb to ensure thumbhole bridge is snugly positioned.



4c Wrap around and align palmar side to distal 5th metacarpal & fasten velcro to radial hinge.



4d Wrap the medial wing around the arm to overlap the lateral wing over its full length. (Stretch if necessary to fit)



4e Re-confirm alignment. Affix two clips in position to temporarily secure in place.

Mold



5a Roll liner back over the Spica for a padded edge keeping it below the first IP joint for greater patient dexterity.



5b Wrap damped elastic bandage snugly but not tightly from distal to proximal to conform thumb Spica.

Mold



5c Mold thumbhole-bridge & palmar area with an arm-wrestling grip while cupping for dorsal support, up forearm proximally.

Set



6 Remove elastic bandage ~~at the radial edge~~. Release the spica from the arm. Release the medial wing ~~at the proximal edge~~ and the cuff.

Secure



7a Fit Compliance-lock strap and tension for a snug fit.



7b Lock: If required, thread compliance-lock through fabric slot, & snap lock peg fastener in selected perforated hole.



7c Fit Secondary tension strap and tension for a snug fit.

Rehab



8a Flex Radial hinge for easy opening and closing.



8b Flex Palmar cuff hinge for easy opening and closing.