



# ORTHOSIS CARE

[www.reboundot.com](http://www.reboundot.com) Bellingham ▪ Lynden

Name \_\_\_\_\_

An orthosis is an orthotic device designed and fabricated specifically for you and your orthopedic needs. Its purpose is to encourage or maintain a healthy hand and correct upper extremity posture. Your therapist will instruct you in how to apply and remove the orthosis independently, check for proper positioning and fit, and identify any pressure areas.

### Schedule

- Wear the orthosis \_\_\_\_\_ times a day for \_\_\_\_\_ minute sessions.
- Wear the orthosis at all times.
- Wear the orthosis at night only.
- Wear the orthosis as needed to minimize your symptoms.
- Remove for exercises / dressing changes / hygiene.
- Other: \_\_\_\_\_

### Precautions

- Watch for swelling and/or redness caused by pressure areas; this is likely due to rubbing or too tight of a fit. Please contact the office to make a modification to the orthosis.
- Do not give your orthosis to another person to wear.
- Keep orthosis away from hot temperatures, such as a hot car, as it can melt.
- Keep orthosis away from dogs.
- If use of the orthosis results in increased pain, numbness/tingling or an overall worsening of your medical condition, please contact your therapist immediately. If an emergency situation occurs after hours, please contact your referring physician.

### Cleaning & Maintenance

- The orthosis can be cleaned with soap and water or rubbing alcohol to help remove soiling. Do not immerse in hot water as the orthosis may melt. Do not put in a dishwasher.
- Nail polish remover or chlorine-based cleaners can remove ink stains from the orthosis.
- Talcum powder or baking soda can be used to help eliminate odors and avoid excessive sweating. You may also use a stockinet over the hand when wearing the orthosis.

Therapist: \_\_\_\_\_