



Orthotic & Prosthetic

SPECIALTIES INC.

THUMB SPICA SPLINT

USE AND CARE INSTRUCTIONS

A Thumb Spica is a plastic or neoprene brace to provide support to the thumb. It fits over your thumb and hand or it may extend up onto your arm.

HOW TO USE YOUR THUMB SPICA

- Slip your thumb into the spica. It should fit down onto the web space between your thumb and index finger. Fasten the strap(s) snugly.
- The Thumb Spica should be worn in accordance to your physician's directions.
- Check your wrist and hand for any pressure areas when you remove the brace. Any reddened area that does not fade after 20 minutes should be watched carefully. This is especially important for patients who have diabetes or have poor sensation. Contact your Orthotist if you believe the splint will cause a sore.
- Do not become discouraged if you feel an adjustment is needed. A minor adjustment might be needed to ensure a good fit. Call your Orthotist to discuss this.

HOW TO CARE FOR YOUR THUMB SPICA

- Clean the Thumb Spica by wiping it with rubbing alcohol. You can also use soap and water but the splint must be rinsed well to remove all soap residue.

Schedule an appointment at our office if any problems with your Thumb Spica occur.