

Instructions for Users

Model: Nano-16

NANO WRIST

Nano Wrist (Nano-16) is a splint that provides neutral position stabilization and is intended for the prevention of finger and wrist contraction while assisting with flaccid paralysis, soft tissue contracture management, nerve injury, arthritis, and the support of weak or damaged parts of the forearm. Its unique ROM cuff hinge is excellent for wrist/hand ailments that may require flexion/extension control. Also intended for surgical repair and after cast management.



1. Disengage all fastening straps and connections. Open and separate the inner adjustable material to a wide enough space that your hand and wrist are easily able to slide into the brace.



2. Slide the brace over affected wrist/hand. Be sure your thumb and thumb hole in the compression fabric are on the same side of the brace with the fastening straps and your palm facing the ceiling. Once your thumb is securely in place, use your other hand to squeeze the rear and then the front of the malleable materials equally over your forearm.



3. Tighten and secure the two fastening straps closest to your elbow first. Adjust the hand portion to the size of your fingers width-wise, with your fingers softly touching each other. Now rotate the hand portion of the brace into your doctor's instructed location, and secure into place by rotating the wheel clockwise until it's tight.



4. Take hold of the last remaining fastening strap and pull it over your wrist on a slight downward angle, then cross back over the lower portion of your thumb and secure the fastening strap into place.



5. Your hand, wrist, and forearm should all be centered appropriately inside the brace. The brace should feel snug and secure. If it is too tight or loose at any point, please adjust the straps accordingly. DO NOT OVERTIGHTEN.



CARE AND CLEANING INSTRUCTIONS

Hand wash with a mild soap and let air dry.

UNIVERSAL WRIST STABILIZER SIZE CHART

| Size | Wrist Circumference |
|-----------|---------------------|
| Universal | One size fits most |