

► FOREARM SPLINT

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1839 Buerkle Road St. Paul, MN 55110

P 651.236.8542 F 651.773.3190

www.exosmedical.com

► universal

Manufactured in the United States

INDICATIONS

Exos splints provide unilateral stability - whether volar, dorsal, ulnar, or radial - to an injured extremity while allowing the swelling that often accompanies such injury. They are appropriate for supporting distal radius fractures, wrist sprain injuries, forearm fractures, or other wrist and hand injuries that require acute stabilization.

May be used to stabilize injuries to the lower limb in smaller individuals, and some geriatric or pediatric patients.

Wrist, carpal, or metacarpal fractures, and dislocations, sprains, or contusions to the extremity can be supported until they can be transitioned, as appropriate, to a circumferential support system.

Suited for making volar forearm splints, ulnar, radial, or dorsal gutter splints, and may be fashioned into boxer's fracture splints as needed.

May also be used to stabilize the extremity during intravenous (IV) catheter placement and as an arm-board during surgical cases.

Does not contain latex.

PRECAUTIONS

To be fitted by a certified caregiver or health professional who is familiar with the intended purpose. The caregiver is responsible for providing wearing instructions to the patient and any others involved in the patient's care.

Splint should be appropriately sized to the patient before forming to assure proper support, comfort and function.

After heating, the caregiver should ensure that the Splint is not too hot for application to the patient's skin by testing before such contact is made.

Do not heat Exos products to greater than 212°F (100°C).

Do not use if patient has known hypersensitivity to foams, adhesives, or plastic products.

Seek evaluation if unusual swelling, increasing discomfort, or discoloration appears.

Seek evaluation if the device causes increased pain or numbness occurs.

Device should be replaced if cracks or breaks occur.

CARE AND CLEANING

Exos splints are waterproof and may be washed in warm, soapy water. May be air-dried or dried using a hair dryer at low heat. Splint should be fully dried before re-applying if it gets wet.

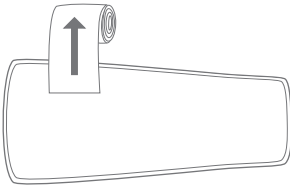
It is not recommended to submerge or wet Splint being worn on the body.

If heated to over 130°F (55°C), Splint may begin to soften and lose its desired shape. If this occurs, it can be reheated and reformed as often as necessary.

PRACTITIONER INSTRUCTIONS

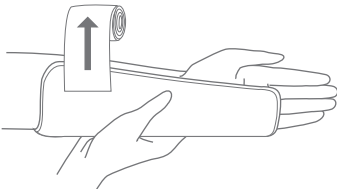
Appropriately size Splint to patient. A larger Splint may be used to achieve more circumferential wrapping and thus provide more rigidity and support. Splints may be easily shortened with sharp scissors when warm. The outer foam layers may be peeled back and the inner hard layer can be cut short so the foam provides a soft edge. Apply adhesive tape or Exos Edge Tape (sold separately) to seal cut edge if desired.

Place in Exos Oven (other ovens not recommended). Pre-heating oven is not required. Follow heating and operation instructions posted on the Exos oven. The Splint will be properly heated in about 4-5 minutes, but can be safely heated for up to 15 minutes while patient is being prepared. Avoid heating Splint more than 15 minutes. Proper heating temperature is 200°F (93°C).

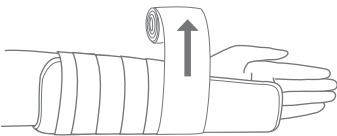


Remove Splint from oven when dial reaches “OFF” and the bell rings indicating the oven is off. It should be pliable and comfortably warm to the touch. For ease of use, an Ace® type elastic bandage may be attached to the outer surface of the splint if it has a Velcro® fastener on the end.

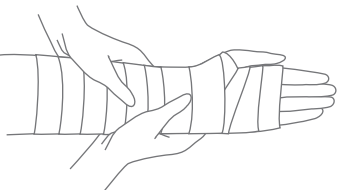
Place Splint on extremity with the light blue lining facing inward. Mold with hands to conform anatomically.



Wrap the elastic bandage firmly to form the Splint. The bandage should be tight enough to achieve conformance and may be loosened for long term wear. Complete this step quickly and secure the end.



While the Splint is still pliable, conform with the hands to the desired position to align or reduce injury. When the Splint is cooled and rigid, loosen or tighten the tension of the elastic bandage as indicated to maintain a comfortable fit.



Exos Splints are radiolucent and can be left on for X-Ray while still providing a sharp image. Splint may be reheated and remolded to the patient as needed. It is not recommended to get the splint wet while being worn. Splint may be machine washed cold and air dried.

CAUTION: DO NOT OVER TIGHTEN ELASTIC BANDAGE!