

CARE AND CLEANING

- ▶ Exos braces are waterproof and may be worn during bathing or swimming. After immersion, loosen the brace and thoroughly rinse out any saltwater, lake water, chlorinated pool water, and soap or shampoo. Towel dry the exterior of the brace. While the brace is loose, use a hair dryer set on high volume and on warm setting to thoroughly dry the skin under the brace and the interior of the brace. Failure to properly wash and dry Exos Braces can result in odor and possible skin issues.
- ▶ If heated to over 130°F (55°C), the Brace may begin to soften and lose its desired shape. If this occurs, it can be reheated and reformed as often as necessary.
- ▶ Do not expose brace to moisturizers, chemicals, or solvents, as they may affect durability.



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no. 10027 Rev E

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.
- ▶ The Brace should be appropriately sized to the patient before forming to assure proper support, comfort and function.
- ▶ After heating, the caregiver should ensure that the Brace 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 and discontinue use if unusual swelling, increasing discomfort, or discoloration appears.
- ▶ Seek evaluation and discontinue use if the device causes increased pain or numbness in the hand or thumb.
- ▶ Device should be replaced if cracks or breaks occur.
- ▶ If using adhesive wound closure systems, ensure that the bonding material has dried COMPLETELY before applying the Brace over the affected area. Failure to do so may result in injury to the underlying skin.
- ▶ If the patient is instructed not to loosen the Brace, they should be advised not to get the Brace wet.

INDICATIONS AND FEATURES

- ▶ Immobilizes the base of the thumb to stabilize injuries to: the ulnar collateral ligament (UCL) commonly known as skier's thumb; fractures or avulsion injuries to the proximal first phalanx or distal first metacarpal; severe sprains of the thumb; arthritic conditions involving the metacarpal phalangeal (MCP) joint. This device will not fully stabilize the carpo-metacarpal (CMC) joint.
- ▶ Exos Braces are radiolucent and do not need to be removed for X-ray imaging.
- ▶ Does not contain latex.



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INSTRUCTIONS INSIDE

SHORT THUMB SPICA

antimicrobial treated*

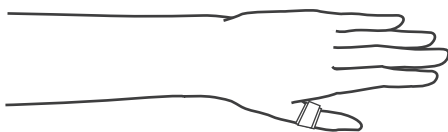
AEM 5700 Antimicrobial EPA #: Reg. #64881-1

*Antimicrobial treatment inhibits growth of odor causing bacteria and is intended to protect the Brace. Antimicrobial treatment does not extend protection to the skin.



HEATING

To heat, open the Brace fully and 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 Brace will be properly heated in about 4 minutes, but may be safely heated for up to 15 minutes while patient is being prepared. Avoid heating Brace for more than 15 minutes. Proper heating temperature is 200°F (93°C).



CAUTION

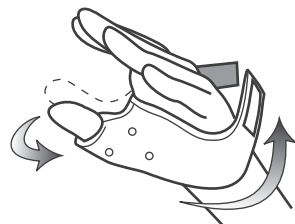
IF THE KNUCKLE OF THUMB INTER-PHALANGEAL (IP) JOINT IS LARGE, IT MAY BE DIFFICULT TO REMOVE THE BRACE ONCE IT IS HARDENED.

To avoid this problem, wrap the thumb between the metacarpophalangeal (MCP) and IP joint with gauze or like material to enlarge this area on the Brace prior to application. Remove the gauze after the Brace has hardened. If the thumb is swollen or swelling is anticipated, the thumb of the Brace can be stretched prior to application while the Brace is warm.

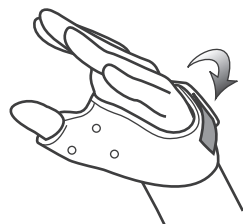
FITTING AND FORMING

- 1 Remove warm Brace from oven and place on patient's hand. It should be pliable and comfortably warm to the touch. Using the hands, circumferentially draw the overlapping edges around the palm.

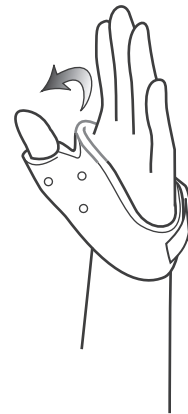
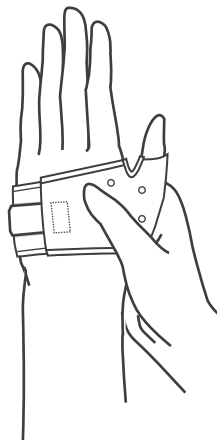
If a functional thumb position (thumb more opposed to fingers) is desired, draw the underlying tab across the back of the hand towards the thumb. This will draw the thumb into a functional position.



Hold the underlap in place and secure Velcro® type overlap. Check that the underlap is smooth and wrinkle free.



- 2 Use the hands to form proper fit or reduction. Edges of the thumb and palm areas of the Brace may be flared out just before the Brace hardens for greater comfort. Continue to form and compress the Brace with the hands until it fully hardens. When cool, the closure strap may be shortened with scissors so that it covers the hook portion but is not too long.



- 3 A hair dryer may be used to heat small areas and edges to adjust fit. Remove from patient to do so.

Note

The Brace may be reheated and remolded as needed. Exos Braces are radiolucent and can be left on during X-ray imaging.

**DO NOT HEAT BRACE ON THE BODY!
DO NOT OVERHEAT!**

PROPER CARE

If patient bathes or swims with the brace on, it should be partially loosened and rinsed sufficiently to allow soap, cleaners, chlorine, salt water or bacteria to be washed away. The skin and inside of Brace must then be dried.

It is imperative that the inside surface of the Brace and the skin be completely dry and void of moisture.

- 1 Adjust the Velcro®-type closure until there is ample space between the Brace and skin for air flow. Using warm water, rinse the Brace thoroughly.
- 2 Using a hair dryer set on high volume and warm setting blow air through both ends of the Brace and through air holes until the skin and inside of Brace is completely dry.
- 3 Refasten the closure until Brace is comfortably supportive.

Note

If the patient is instructed not to loosen the Brace, they should be advised not to get it wet.

