

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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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

- ▶ Thumb Spica Fracture Brace (TSFB) is designed to replace fiberglass and plaster casting and provide rigid immobilization to the forearm, wrist and thumb. It provides stability and support for injuries to the first metacarpal-phalangeal (MCP) joint, the first carpo-metacarpal (CMC) joint, and the wrist joint. The TSFB is indicated for all injuries to the thumb, such as Bennett's or complex Rolando's fractures, suspected or confirmed navicular (scaphoid) fractures, and for other carpal bone injuries. The thumb extension, which completely immobilizes the first digit can be trimmed to any length to allow varied thumb flexion. The TSFB is also indicated for fractures to the distal radius or distal ulna, Colles fractures, Salter-Harris pediatric wrist and forearm injuries. It can be employed for acute injuries as well as post-operatively.
- ▶ The signature feature of this fracture braces is the Boa® adjustable closure system that provides for minute adjustments in circumferential compression. It can be tightened or loosened instantly as indicated eliminating the need to split or bivalve casts to avoid compartment syndromes or Volkman's ischemia. Post-operatively, the Boa® system allows loosening and/or removal to examine a patient's wound without needing to cut off or replace a cast.
- ▶ The ability to heat form and custom fit the cast to the patient's extremity ensures proper uniform support and comfortable fit. Exos braces are radiolucent and do not need to be removed for X-ray imaging.
- ▶ Does not contain latex.



THUMB SPICA FRACTURE BRACE

antimicrobial treated*

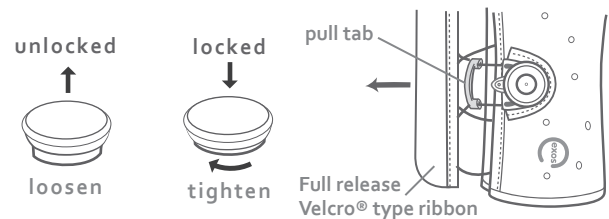
AEM 5700 Antimicrobial EPA #: Reg. #64881-1

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



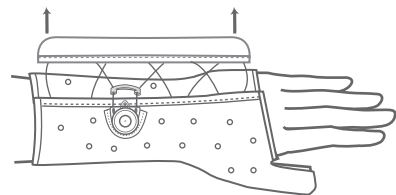
OPERATING BOA® LACING SYSTEM

To loosen, lift Boa® knob to unlocked position and use pull tab to simultaneously release cables to their full extent. Pulling only one cable may result in reel malfunction. To tighten, push knob down until it clicks and turn clockwise. Use pull tab to evenly remove slack from cable while tightening. To micro-adjust tension, lift knob to unlock cable and retighten as desired. Knob must be in the down locked position when wearing Brace. The TSFB is also equipped with a fully releasable Velcro® type ribbon to allow for easy removal of the Brace.

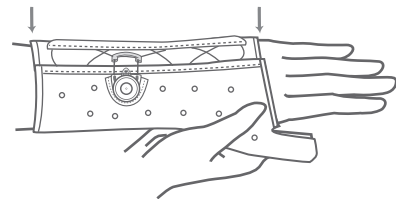


HEATING

Remove Velcro® type thumb strips before 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).



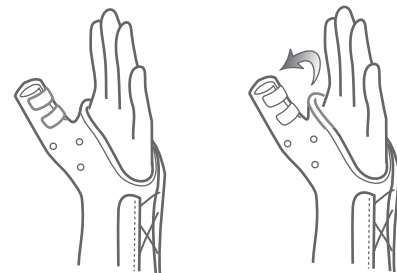
- 1 Remove warm Brace from oven and place on patient's hand. It should be pliable and comfortably warm to the touch. Using the hands, circumferentially draw the overlapping edges around the wrist and hand. Unlock Boa® and fully extend cable by evenly pulling Velcro® type ribbon.



- 2 Secure the Velcro® type ribbon. Check that the edges of the overlap are aligned evenly as shown at the arrows so Brace is not twisted on the arm. Form and compress the brace with the hands. **DO NOT TIGHTEN THE BRACE FULLY WITH THE BOA® REEL WHEN WARM, USE THE HANDS TO FORM AND COMPRESS BRACE PROPERLY.** Tightening Boa® on a warm brace will result in uneven forming and wrinkles.

FITTING AND FORMING

- 3 Make sure that the overlap is smooth and there are no folds underneath. Align the thumb as desired and close or slightly overlap the thumb layers to fit properly and apply the Velcro type strips. The thumb may be trimmed when warm as desired with sharp scissors. This may also be performed on subsequent clinic visits to increase thumb mobility.



- 4 Edges of the thumb and palm areas of the Brace may be flared out just before Brace hardens for greater comfort. As Brace cools and begins to harden, the Boa® reel may be tightened incrementally. The hand forming process should continue until brace is fully hardened in about 4 to 5 minutes. Once Brace is hardened, the Boa® reel may be fully tightened as desired. **The Brace should not be worn too tightly. Allow for some space between the Brace and the arm to avoid shear forces to the skin.**

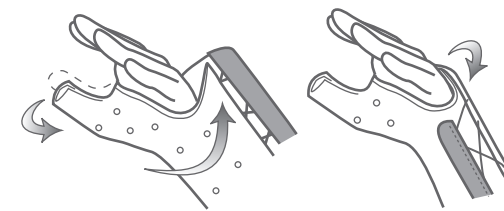
- 5 A hair dryer may be used to heat small areas and edges to adjust fit. Remove from patient to do so.

Note

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

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.



**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 Loosen the Boa® 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 Retighten 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.

