

HOW TO APPLY AS A RELATIVE MOTION ORTHOSIS (RMO)

WITH MIDDLE FINGER RELATIVELY EXTENDED

RECOMMENDED USE.

Indications for the RMO with relative **extension** include:

- Extensor tendon/sagittal band injury or repair
- PIP extension contracture
 - > 2° swan neck deformities or trauma
- Trigger finger non-operative management

Indications for the RMO with relative **flexion** include:

- PIP flexion contracture or extensor lag
 - > 2° Trauma, scar tissue/adhesions, fracture shortening, boutonniere deformities, flexor tendon repair, Dupuytren's disease (s/p fasciectomy, needle or enzyme tx) or post trigger finger release.

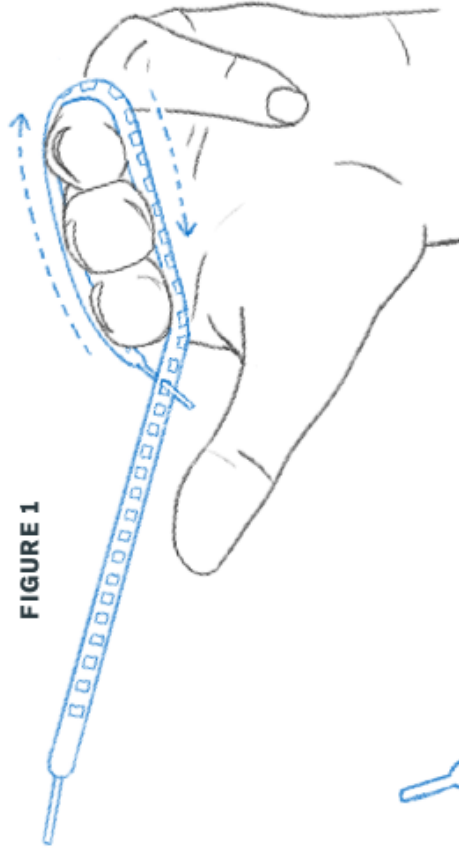


FIGURE 1

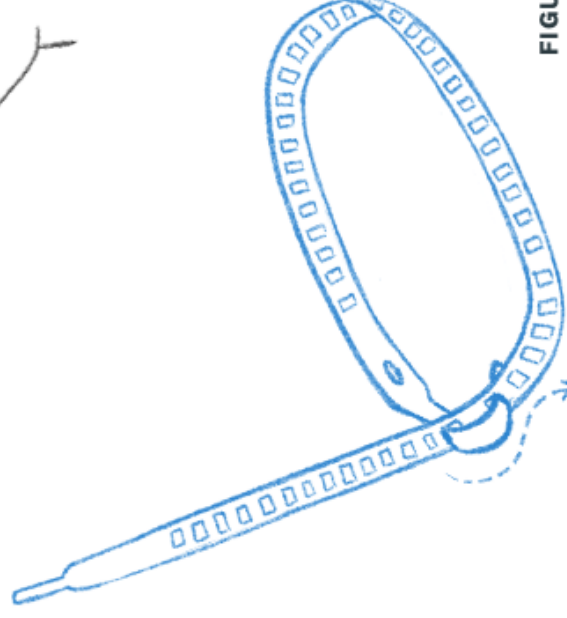


FIGURE 2

1.

SIZING THE HOOK SPLINT.

Apply the **HOOK SPLINT** to the hand and slide the tab into the perforation to set orthosis size (see figure 1). If between perforations then size up. To most accurately test sizing, extend the middle finger over the band and make a fist.

2.

LOCKING THE FIRST TAB.

Remove the **HOOK SPLINT** from the hand and secure the first tab by looping it downward and through the adjacent perforation using needle nose pliers or a similar tool (see figure 2).

3. CREATING THE RIGID ZONE*

Overlap the remaining segment and press layers together, forming the *Rigid Zone* (see figure 3). Secure the second tab by either bending it flat in the direction of the *Rigid Zone* (see figure 4) **OR** looping it through the perforations away from the *Rigid Zone* (see figure 5).



FIGURE 3

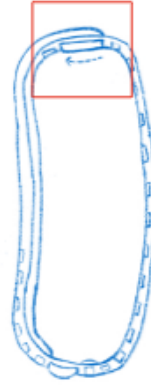


FIGURE 4

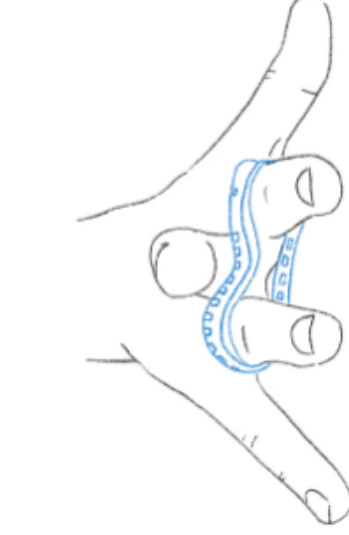


FIGURE 5

*The *Rigid Zone* is the area of the **HOOK SPLINT**, which overlaps, creating twice the thickness and rigidity.

4. FINAL CHECK.

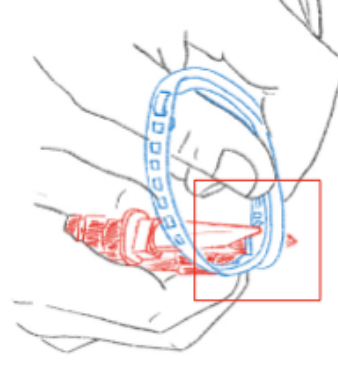
Reapply the **HOOK SPLINT** with the MF centered over the *Rigid Zone*. A fist is then made to mold the bridge.



5.

CRIMPING THE TABS.

The tabs can be further secured by crimping them into the band using needle nose pliers or a similar tool for lower profile tabs.



Note: The **HOOK SPLINT** will become **MORE** comfortable over time with hand movement. The metallic core will settle and further mold actively to the hand.