

# Rebound

ORTHOTICS & PROSTHETICS

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## HAND/WRIST BRACE WEAR & CARE INSTRUCTIONS

While being fit with your brace, your orthotist will guide you on how to properly wear and use the brace for maximum effectiveness. Some points to remember:

### **APPLICATION**

**Specific instructions for your brace will be discussed during your appointment. For any additional information and fitting diagrams, please refer to your device's instruction manual. The following is a generalized summary of how to properly don a standard hand/wrist brace:**

- **Open the Brace:**  
Loosen the velcro straps and/or BOA Dial to open the brace (see section below for BOA instructions).
- **Undersleeve (if applicable):**  
If your brace includes an undersleeve, you may put it on before donning the brace. While not required, the undersleeve can help protect your skin, absorb moisture, and keep the brace clean.
- **Apply the Brace:**  
Slide your hand, wrist, and/or fingers into the correct position within the brace. Tighten the velcro straps and/or BOA Dial until the brace feels snug and the injured area is well supported.
  - Using the BOA Dial (if included):
    - To Tighten:** Push the button down and turn it **clockwise** until snug - you should hear clicking
    - To Loosen/Remove:** Pull the button **up** and gently release the tension by pulling the strings.
- **Remove the Brace:**  
When removing the brace, support the injured site on a table/flat surface. Undo the necessary velcro and/or BOA Dial and gently slide your hand, wrist, and/or fingers out and away from the brace.

### **GENERAL GUIDELINE**

This custom molded brace is designed to stabilize fractures and immobilize painful joints. Compliance and proper use are crucial.

- **Fit and Stability:**  
The brace is meant to fit tight to help **stabilize and limit movement** at the injured site. When/if any swelling decreases over time, the brace may feel loose. If you notice any **excess movement or instability**, please return for an adjustment.
- **Water Use:**  
The brace **can** be worn during swimming, bathing, or showering. Though, we recommend you remove the undersleeve (if applicable) during this time. **After** water exposure, remove the brace and allow it to fully air dry before wearing it again.
- **Child Locks (if applicable):**  
If your child frequently removes the brace, ask us about adding a child lock to ensure consistent wear. The child safety lock is not available with all braces.

### **MAINTENANCE:**

- Inspect your brace daily for any signs of cracking, separation, or reduced effectiveness.
- Do not attempt to modify the orthosis on your own. If you notice any issues, contact your orthotist.
- For cleaning the brace and/or undersleeve:
  - Hand wash with mild soap. Do NOT use a washing machine or dryer.
  - Rinse thoroughly and allow it to air dry completely before wearing it again.
- NEVER put your brace into the washer or dryer.
- Avoid leaving the brace in a hot car or direct sunlight, as it may cause it to deform.
- Changes in weight, activity, surgeries, swelling, or growth can affect the fit of your brace. Visit with your orthotist if adjustments are needed.

## **WEAR SCHEDULE**

### **DAY 1 — 1 to 2 Hours then remove it to check the skin before re-donning.**

Begin by wearing the brace for 1 to 2 hours. After that time, remove the orthosis and carefully inspect your skin, especially over bony areas. It is normal to see light red marks, which should fade within 20–30 minutes. You can reapply your brace. However, if any redness persists, or if you notice skin irritation, bruising, or discomfort, do not continue wearing the orthosis. Instead, contact your orthotist to schedule an appointment for further evaluation and adjustment.

### **DAY 2 — Full Time Wear**

Wear the orthosis as required, check your skin for any signs of irritation or redness. **Refer to your physician for specific instructions concerning length and time of wear.**

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**If you have questions or concerns about your brace, please contact your orthotist.**

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