

## RMS Adjustable Wrist Brace

# RMS Wrist Brace Instruction Manual

Model: Adjustable Wrist Brace

Brand: RMS

### INTRODUCTION

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The RMS Wrist Brace is designed to provide support and stability for your wrist, aiding in relief from various conditions such as carpal tunnel syndrome, arthritis, tendonitis, wrist sprains, and muscle weakness. Its versatile design allows for use on both the left and right hand, offering customizable support through adjustable straps and a removable metal splint.



Figure 1: RMS Wrist Brace and Packaging

This image displays the RMS Wrist Brace, highlighting its ambidextrous design and the product packaging. The brace is shown both on a hand and alongside its retail box, emphasizing its adjustable nature.

## KEY FEATURES

- **Maximum Support:** Features soft cushioning beads on the palm, a sturdy metal splint, and adjustable fasteners for customized compression.
- **Removable Splint:** Includes a metal splint that can be removed to adjust the level of support and flexibility.
- **Adjustable Size:** Designed to fit most wrist sizes with three adjustable straps for a secure and stable fit.
- **Ambidextrous Design:** Can be worn on both the left and right hand, eliminating the need for separate braces.
- **Soft, Comfortable Material:** Made from high-quality, breathable material for extended wear and durability.
- **Smart Seam Design:** Minimal internal stitching to prevent irritation during prolonged use.

## TOP FEATURES:



Figure 2: Key Features Diagram

This diagram illustrates the main features of the wrist brace, including its open finger design for dexterity, cushioning beads for comfort, smart seam design for reduced irritation, the inner removable splint for support, and adjustable fasteners for a custom fit.

## SETUP AND APPLICATION

1. **Identify Hand:** The brace is ambidextrous. Determine if you are applying it to your left or right hand.
2. **Position Hand:** Slide your hand into the brace, ensuring your palm rests on the cushioned area and your fingers extend through the open design.
3. **Adjust Straps:** Secure the three adjustable straps around your wrist and forearm. Tighten them to achieve a snug yet comfortable fit. Avoid overtightening, which could restrict circulation.
4. **Splint Adjustment (Optional):** If less rigid support is desired, the metal splint can be carefully removed from its pocket within the brace. Reinsert for maximum support.

# Removable Splint



Figure 3: Removable Splint

This image demonstrates the removable metal splint, which allows users to customize the level of support provided by the brace. The splint slides into a dedicated pocket for secure placement.

## USAGE AND BENEFITS

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The RMS Wrist Brace is recommended for various conditions requiring wrist stabilization and support. It helps maintain a neutral wrist position, reducing strain on muscles and joints, and can improve circulation in the affected area.

- **Carpal Tunnel Syndrome:** Provides stabilization to alleviate pressure on the median nerve.
- **Arthritis:** Offers gentle compression and support to reduce pain and inflammation.
- **Tendonitis:** Helps immobilize the wrist to allow inflamed tendons to rest and heal.
- **Wrist Sprains:** Supports the injured ligaments during recovery.
- **Post-Cast Support:** Aids in rehabilitation after cast removal.
- **Muscle Weakness:** Provides external support for weakened wrist muscles.



# Soft & Comfortable



Figure 4: Comfortable Nighttime Use

This image shows the wrist brace being worn comfortably during sleep, demonstrating its suitability for overnight support and pain relief.



Figure 5: Versatile Daily Use

This collage illustrates the brace's adaptability for various daily activities, including holding objects, using electronic devices, and typing, while providing necessary wrist support.



# Recommended by Physical Therapists



Figure 6: Recommended by Physical Therapists

This image highlights that the RMS Wrist Brace is recommended by physical therapists, underscoring its therapeutic benefits and professional endorsement for wrist support.

## MAINTENANCE

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Proper care will extend the life of your RMS Wrist Brace and maintain its effectiveness.

- **Cleaning:** Hand wash the brace in cold water with mild soap. Do not use bleach or harsh detergents.
- **Drying:** Air dry completely. Do not machine dry or expose to direct heat, as this can damage the material and affect the brace's shape.
- **Splint Care:** If the metal splint was removed for cleaning, ensure it is dry before reinserting.

## TROUBLESHOOTING

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- **Brace feels too tight/loose:** Adjust the three straps to achieve a comfortable and secure fit. The brace should be

snug but not restrict circulation.

- **Discomfort from splint:** Ensure the splint is correctly positioned within its pocket. If discomfort persists, consider removing the splint for a less rigid support, or consult a healthcare professional.
- **Skin irritation:** Ensure the brace is clean and dry before wearing. If irritation occurs, discontinue use and consult a healthcare professional. The smart seam design minimizes irritation, but individual sensitivities vary.

SPECIFICATIONS


Attribute	Detail
Product Dimensions	8.5 x 3.5 x 1.5 inches
Weight	3.2 ounces
Manufacturer	Royal Medical Solutions
Brand	RMS
Size	1 Count (Pack of 1)
Specific Uses	Arthritis, Tendonitis, Carpal Tunnel, Muscle Weakness
Hand Use	Ambidextrous (Left or Right Hand)
Age Range	Adult

WARRANTY AND SUPPORT

For any questions regarding your RMS Wrist Brace, or for information on warranty and support, please contact Royal Medical Solutions directly through their official website or the retailer where the product was purchased. Visit the [RMS Store on Amazon](#) for more information and product offerings.

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Related Documents - Adjustable Wrist Brace



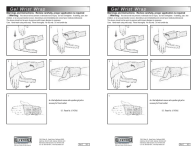




REST HAND SPLINT  
USER MANUAL

[SYLONG Rest Hand Splint User Manual: Carpal Tunnel, Arthritis, Tendinitis Relief](#)

Comprehensive user manual for the SYLONG Rest Hand Splint. Learn how to use this orthopedic device for relief from carpal tunnel syndrome, arthritis, tendinitis, stroke fingers, and post-operative care. Features adjustable aluminum support and comfortable fit.



 <p><b>DrFinger</b> REST HAND SPLINT USER MANUAL</p>	<p><a href="#">DrFinger Rest Hand Splint User Manual - Rehabilitation and Pain Relief</a></p> <p>User manual for the DrFinger Rest Hand Splint, detailing usage instructions, product specifications, indications for conditions like carpal tunnel syndrome and stroke, and warranty information. Learn how to apply and adjust the splint for effective hand and wrist support.</p>
 <p><b>allard</b> Support for better life Instructions for Use Selection® Short wrist Art. No. 35222/35223</p>	<p><a href="#">Allard Selection® Short Wrist Brace - Instructions for Use, Sizing, and Care</a></p> <p>Comprehensive instructions for the Allard Selection® Short Wrist Brace (Art. No. 35522/35223). Covers intended use, material specifications, washing, disposal, and step-by-step application guide.</p>
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 <p><b>allard</b> Instructions for Use Basic Wrist Support Short Item No. 27441</p>	<p><a href="#">Allard Basic Wrist Support Short - Instructions for Use and Specifications</a></p> <p>Official instructions for the Allard Basic Wrist Support Short (Item No. 27441). Learn about indications, fitting, care, and specifications for managing wrist instability.</p>
	<p><a href="#">DJO ProCare Universal Wrist Brace &amp; Universal Elastic Wrist Brace User Instructions</a></p> <p>Comprehensive user instructions for the DJO ProCare Universal Wrist Brace and Universal Elastic Wrist Brace, covering intended use, application, cleaning, warranty, and important safety notices. Designed for medical professionals and patients.</p>