

# Instruction for use – Wrist braces

General recommendation: that the product is fitted and adjusted by a licensed or certified qualified health professional. Users with diabetes, users who are deaf, known contact allergies, impaired tactile function or poor circulation must be extra cautious and check for pinching, chafing or sores when using the brace. Always check material comfort before. Contact your practitioner or Celotil Foundation about the problem of course.

## Area of use

The brace supports the lower hand, wrist and forearm. Use in the daytime, also at night, unless advised otherwise. The brace can also be used for prevention purposes in leisure or medical circumstances.

## Application

1. If the brace has a straight splint, bend it until the splint cannot meet itself. It is recommended to open the angle of the upper arm and neck. Wear it well in the entire period. Splint must move like a bone in the middle of the joint. Picture 1.
2. Open all parts of your arms. Turn also the hand straight. Place your hand in the brace and fastened as illustrated in picture 2 or 4.
3. Close all hands and keep straight and set them so that the brace fits comfortably. Picture 3.



Out of concern for user, keep fingers free without any physical impediment. Picture 1 is not allowed application when necessary to increase the brace to accommodate additional problems, all other methods must be used.

## Material

**Strong rubber elastic.** **Stable**: cotton, polyester, woolen. **Comfort**: cotton, polyester, polyamide, elastane. **Nylon**: very fast to irritate, not elastic, problematic. **Silky**: not elastic, irritating, elastic, tends to irritate skin.

## Washing instructions

Close the hook and loop closure and remove the elastic. If the brace has one, from the elastic pocket. Follow the washing instructions below. Use a warm temperature. Let the brace dry out.



## Size

Size	"Dimensions	Size	"Dimensions	Size	"Dimensions
XS	10-12 cm	S	12-15 cm	M	15-18 cm
S	12-14 cm	M	14-17 cm	L	17-20 cm
M	14-16 cm				

\*A user with circulatory issues: Measure the size of both hands and go for size S.

**Single patient use:** If the product contains proteins, use is recommended for maximum 4 hours or 3 times.

**Recycling:** If the product is made of nonrecyclable plastic, please do not use, and contact for the local supplier.