

LTS

INSTRUCTIONS

LONG THUMB SPICA

antimicrobial treated*

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



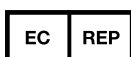
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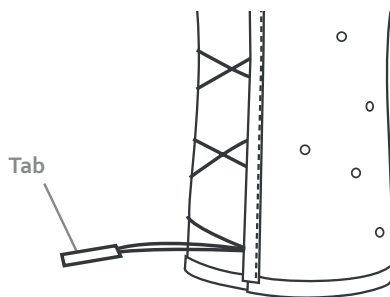
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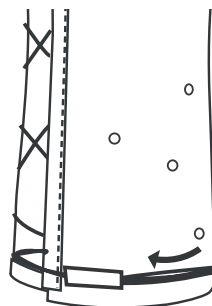
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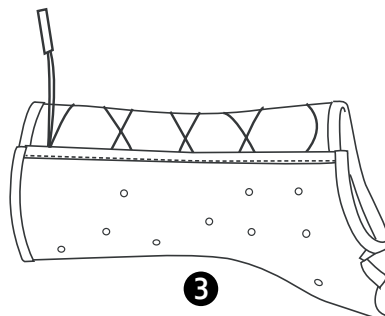
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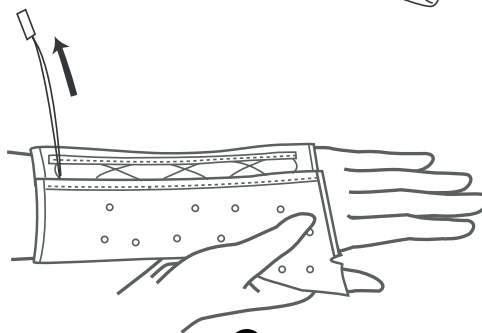
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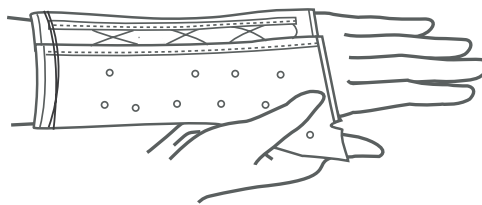
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ENGLISH

Before using the device, please read the entire instruction manual. Correct application and care is vital to the proper functioning of the device.

INDICATIONS

The Long Thumb Spica (LTS) provides stabilization to the first metacarpophalangeal (MCP) joint, carpometacarpal (CMC) joints, and wrist joint.

CONTRAINDICATIONS

Patients with known allergies to foams, adhesives, or plastic products.

⚠ WARNINGS and PRECAUTIONS

- ▶ Brace should be fitted by a qualified healthcare professional.
- ▶ Do not heat brace on the body.
- ▶ Check to make sure brace is not too hot prior to application.
- ▶ Brace should be appropriately sized to the patient to ensure proper support and function.
- ▶ Care should be taken with patients with delicate or compromised skin, especially the elderly, not to apply the brace too tightly, which MAY cause pressure and shear to the fragile tissue. PATIENTS SHOULD BE INSTRUCTED ON APPROPRIATE TENSIONING DURING ONGOING USE. An under sleeve or STOCKINETTE may be used for added protection.
- ▶ Do not heat Exos™ products to greater than 212°F (100°C).

OPERATING LACING SYSTEM

To Loosen:

- ▶ Lift hook-and-loop fastener tab.
- ▶ Pull open brace. (Figure 1)

To Close and Tighten:

- ▶ Pull hook-and-loop fastener tab to cinch lace. (Figure 2)
- ▶ Wrap excess lace around brace.
- ▶ Secure hook-and-loop fastener tab to brace.

HEATING AND APPLICATION

- ▶ Open and unfold brace. (Figure 3)
- ▶ Proper heating temperature is 200°F (93°C).
- ▶ Heat brace in Exos™ oven approximately 3-4 minutes or until brace is pliable. Brace should not be too hot to handle comfortably.
- ▶ Ensure that skin is completely dry before application.
- ▶ Fit brace on patient. (Figure 4)
- ▶ Remove slack in lace and attach fastener tab to brace.
- ▶ **Caution: Do not tighten brace fully until brace has returned to room temperature otherwise indentations in plastic may occur.**
- ▶ Mold brace into desired position. (Figure 5)
- ▶ Once brace has hardened, the lace may be tightened to desired tension.
- ▶ **Warning: The brace should not be worn too tightly. This may produce excessive mechanical force or shear forces to the skin.**



For fitting tips on each Exos™ device:
Visit the Exos™ Provider Center at:
<http://exosmedical.com/provider/LTS> or
Scan the QR image with your smartphone

LIMITED PRODUCT WARRANTY

Exos™ covers defects in workmanship and materials up to 8 weeks from date this product is dispensed. Damage caused by normal wear and tear, abuse, or alterations is not covered.