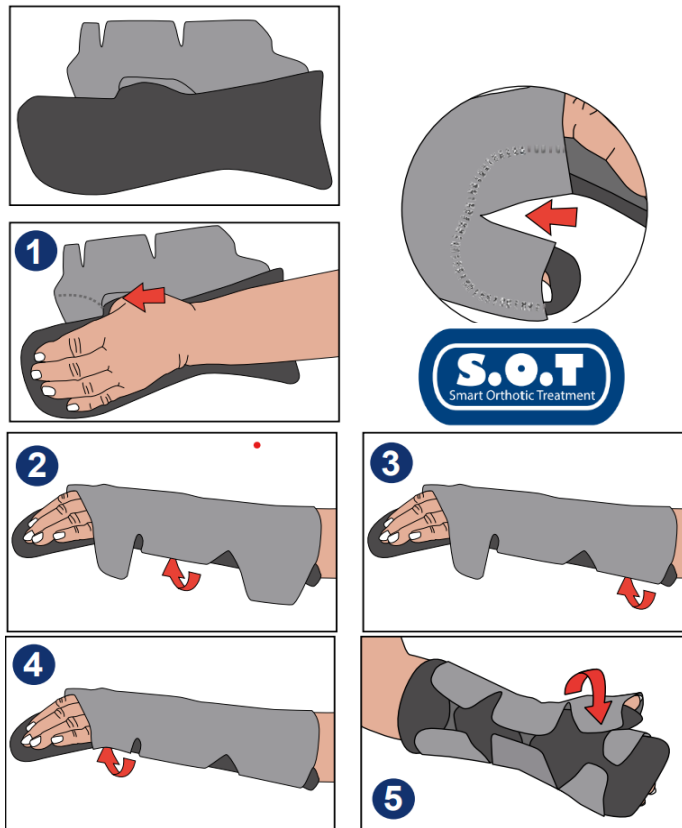


S.O.T (Smart Orthotic Treatment) WHO User Guide

Donning

1. Slide thumb into the cover. To ensure optimal function, it is important to check that the cover is well applied and adjusted correctly in the thumb section (see illustration in circle below).
2. Start with applying the strap over the wrist. Make sure it is equally attached and comfortable.
3. Apply the forearm strap.
4. Apply the hand strap.
5. If necessary, the outside thumb strap can be adjusted to improve tension over the thumb.



Doffing

1. Loosen the cover only on the ulna side (the side with the white circles sewn onto the straps). Leave the cover attached on the radial side, and between the thumb & first finger (see illustration in circle), This way, it is easier to put the orthosis back on again.
2. Remove the wrist strap.
3. Remove the forearm strap.
4. Remove the wrist strap.



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Wear Schedule

Day 1: Wear one hour on and one hour off. This can be reapplied two to three times a day if tolerated.

Day 2: Wear for four hours if no issues arise from the day before.

Day 3: Wear overnight if no issues arise from the day before.

Warning

Check the skin after doffing the device, daily.

Check for redness, edema, or skin irritations that do not go away after 30 minutes. Do not re-apply the brace if that occurs, contact your clinician right away.

Do not pull the straps too tight as this can cause poor circulation and/or skin irritations.

Wash Instructions

Close all Velcro prior to laundering. Use a wash bag. Machine washable in 40°C (104°F) gentle cycle. Dry flat. Do not tumble dry or dry clean.

This product is made from Polyester, Nylon, Polyurethane and Spandex. Core of aluminum and polyethylene. It does not contain Latex. This product is not flame retardant.



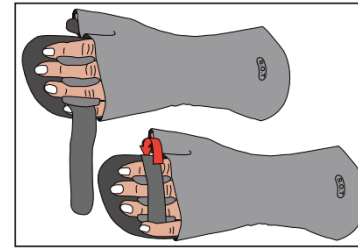
<https://www.andersonortho.ca>

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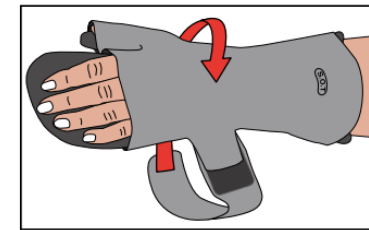
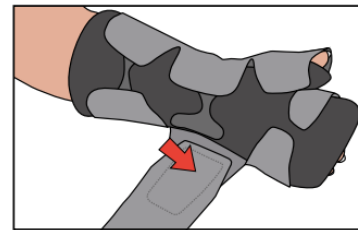
P 204.837.7190 (1.855.837.7190) F 204.837.9469

Accessories

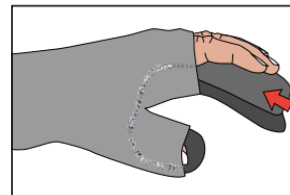
Finger Separators – place the separators between the intended fingers. The strap must be crossed over the fingers, over the long bones not the joints, and attached to the bottom of the orthosis.



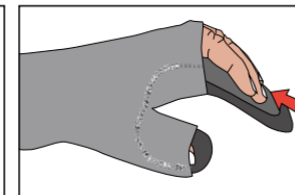
Extra strap - The extra strap is applied to the lining on the ulna side and wraps around the dorsal wrist, and passes over the radial side to hold the wrist in position on the orthosis. Position the extra strap onto the cover so that a piece of hard Velcro protrudes for the strap to attach to. Helps to secure the wrist.



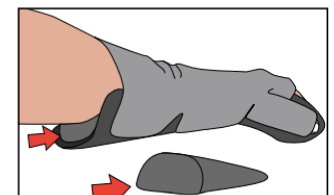
Using Wedges for different purposes



With the high part of the wedge distally, the stretch of the long finger flexors (Flexor Digitorum Profundus and Superficialis) increases.



With the lower part of the wedge positioned distally the stretch of intrinsic muscles (Interossei and Lumbricals) increases.



To increase the extension of the wrist without reshaping the orthosis, put the wedge in the back of the orthosis with the high part at the back.