

ULNAR CARPAL WRIST SUPPORT



1. Open the straps, lay the support flat and position forearm and hand as shown.



2. Fasten the bottom hook tabs.



3. Fasten the top hook tab.



4. The circumferential strap fits over the distal end of the ulna. It is designed to stabilise the ulna head and control dorsal subluxation relative to the distal radius.



6. The ulnar carpal strap lifts the carpus dorsally reducing the ulnar carpal step. It should be applied at an angle to the triquetrum.



7. The carpus should be lifted once the distal end of the strap has been applied and fastened dorsally to the circumferential strap. Avoid stretching the volar end of the strap beyond the lateral midline of the wrist. The strap should be elastized to ensure that the carpus is not compressed.



Washing: remove the metal stay and hand wash in warm water with mild detergent. Allow to air dry.