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Pollo-Form Spica

Fitting Instructions

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Pollo-Form Spica

(Standard / Long)

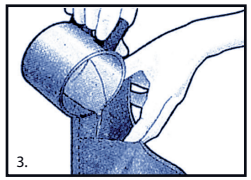
Instructions for use

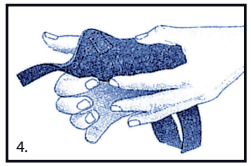
Moulding Directly to the Thumb

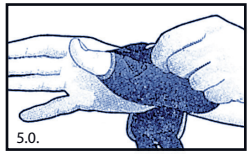
- Heat thermoplastic in water heated at approx 60° C, for 45 seconds, or until it becomes soft.
- Remove thermoplastic from water.
- Place on an absorbent surface to remove excess water. Check the temperature of the thermoplastic is safe for the patient.
- Mould the thermoplastic over the thumb.
- When the thermoplastic cools, insert into pocket of spica. Return to first step if you need to re-adjust. Minor changes can be made with scissors.

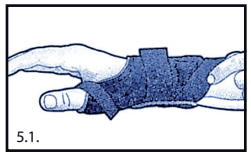
Moulding Within the Brace (See Diagrams)

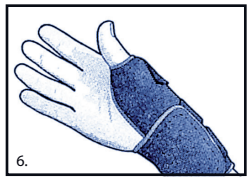
1. Insert thermoplastic into pocket of spica.
2. Fold pocket over wide open, to ease pouring water into it.
3. Pour 60° C water into pocket, filling it completely. If required, refill after 30 seconds. If thermoplastic is soft after approx 1minute, pour out remaining water and place on an absorbent surface, to remove excess water from the spica.
4. Check thermoplastic is at a safe temperature for the patient, apply spica and mould as required.
5. Secure the thumb hook/loop strap and then wrist hook/loop straps.
6. Leave spica on patient until thermoplastic cools and hardens, normally 3 - 5 minutes. Return to step 2 if you need to re-adjust. Minor changes can be made with scissors.











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(Standard / Long)

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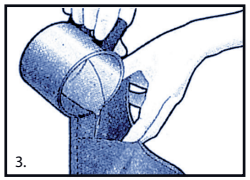

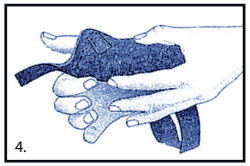

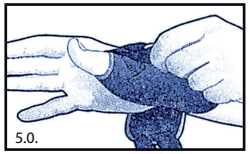

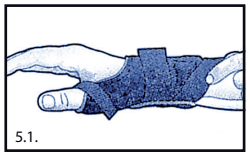

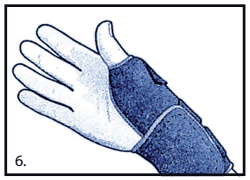

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