

Professional Guide  
**S.O.T Resting Splint**



# Customized Support with S.O.T Orthosis

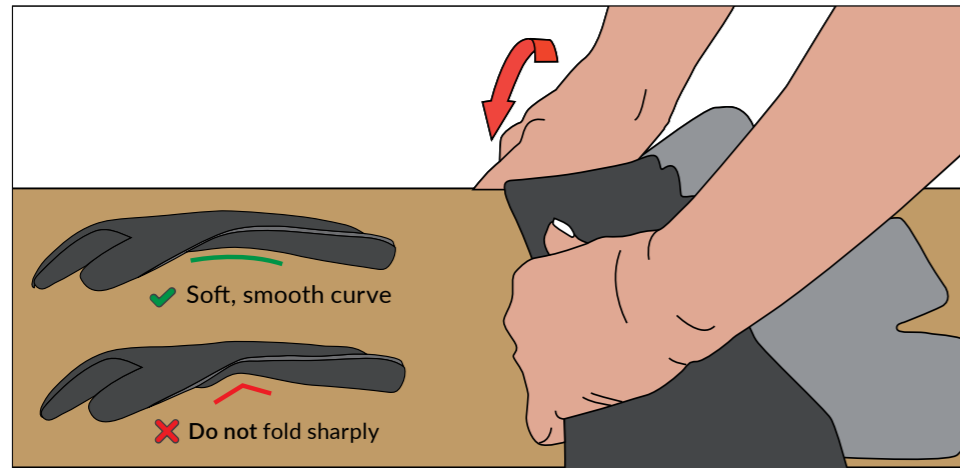
S.O.T is delivered in a biomechanical resting position.

An individual assessment of the patient should always be done before fitting.

The orthosis can be fitted into the desired position due to an aluminum core that allows adjustment. Modification should be performed by qualified healthcare professionals.

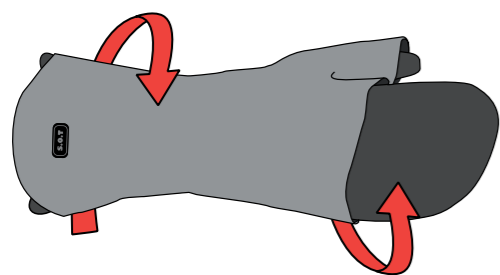
## Wrist positioning

If the angle of the wrist needs to be adjusted, we recommend bending the splint over a rounded edge of a table. Bend the splint gradually over a wider area to create a smooth, even curve.

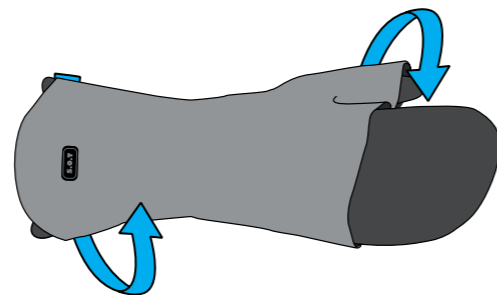


If the wrist is ulnarly or radially deviated and the forearm is pronated or supinated due to spasticity and/or contractures, rotate the entire splint sideways to increase supination or pronation as needed. This ensures that the splint aligns properly with the arm and helps prevent further rotational deformity.

### Pronation



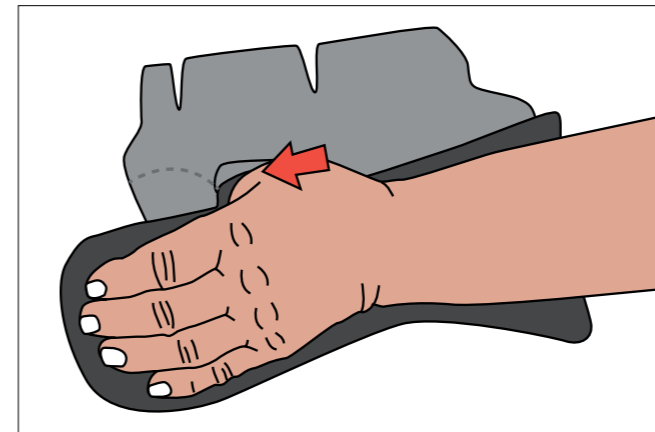
### Supination



## The Cover

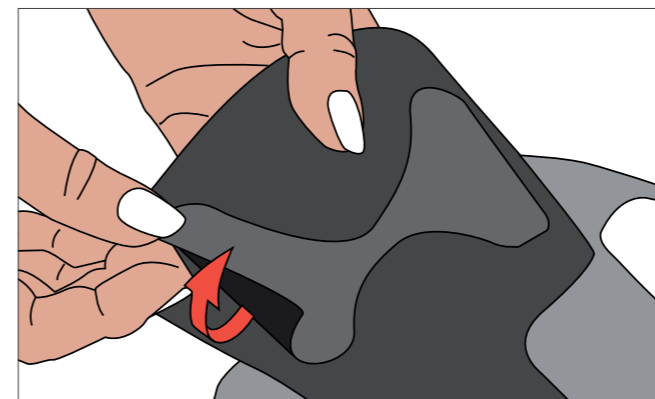
For optimal support, attach the cover gradually, starting at the thumb crease and then securing the wrist strap. Make sure it sits smoothly and comfortably all the way up.

The soft elasticated cover can be cut without fraying for an optimal fit. If the hand is swollen a larger size cover may be needed.



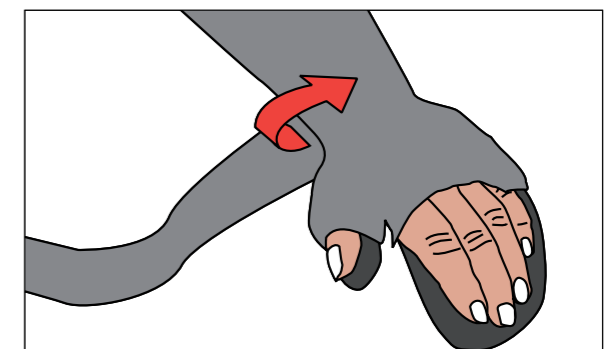
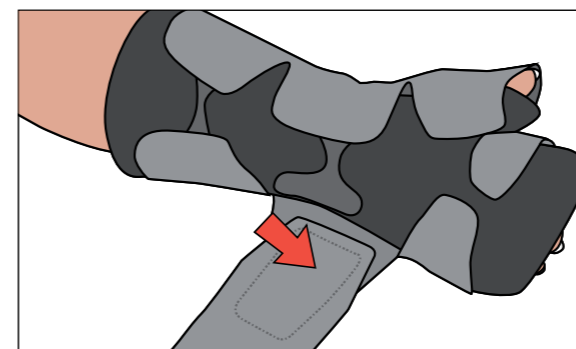
## The Velcro

The Velcro hooks located on the underside of the orthosis can easily be moved to new positions if necessary. Firmly secure the Velcro against the product, to ensure it does not loosen or change position during use.



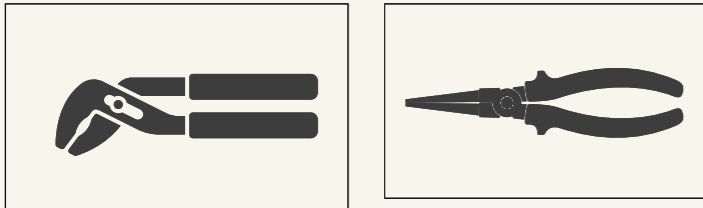
## Extra stability

A non-elastic strap can be applied to hold the wrist in position. Attach the strap to the lining on the ulnar side and wrap around the dorsal wrist and pass over the radial side to hold the wrist. Position the extra strap onto the cover so that a piece of hard Velcro protrudes for the strap to attach to.



# Thumb- and Finger positioning

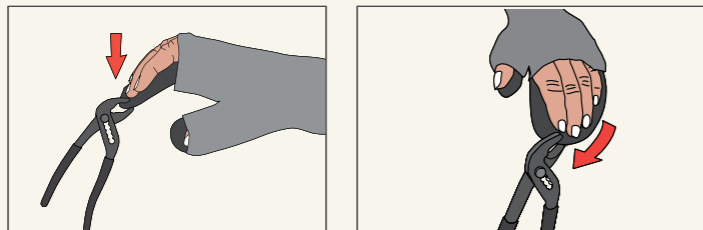
For changes to thumb- and finger angles use plumber pliers.  
For fine-tuning areas use small pliers.



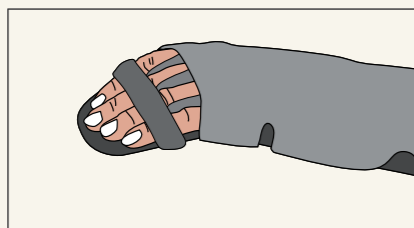
TIP: Cover the jaws of the pliers with soft material to avoid damaging the orthosis.

## Positioning the Fingers

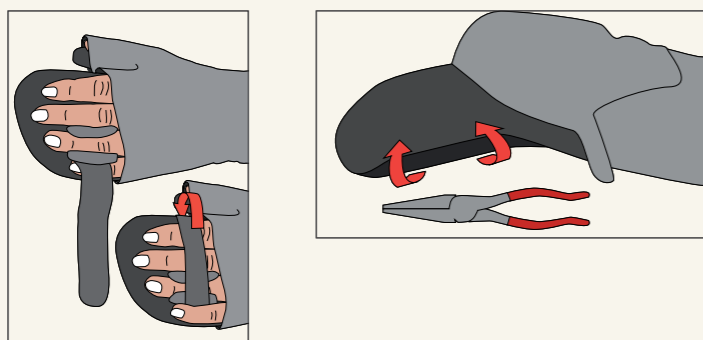
**01** If a more flexed position of the fingers is needed due to spasticity or finger contractures, bend the front section by gripping it with pliers and carefully bending it radially toward the thumb side.



**02** If the hand presents with an Intrinsic Plus position, the finger divider can assist in extending the MCP joints and help counteract and treat Swan Neck deformity. Position the finger divider in line with the base of the proximal phalanges and place the dorsal finger strap just distal to the PIP joints.

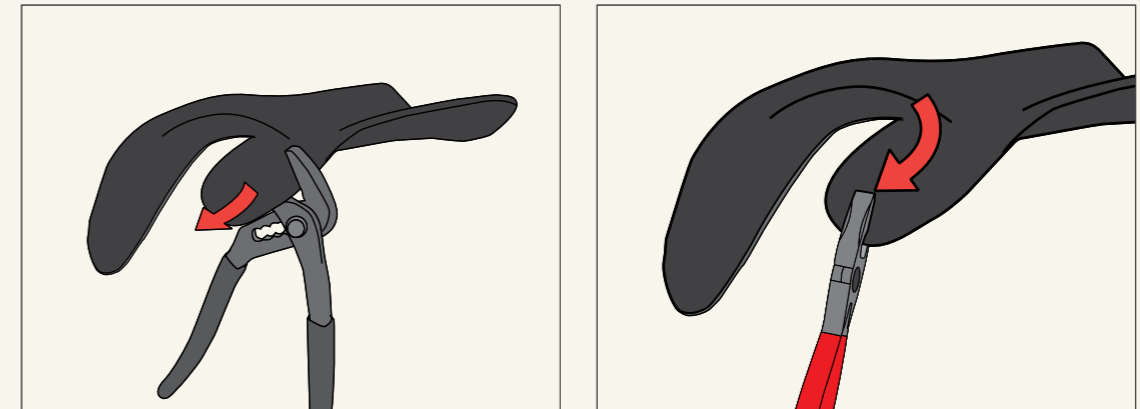


**03** If the fingers show Intrinsic Plus position combined with ulnar deviation, the finger divider can be used to counteract this as well. Position the finger divider as described above and attach the strap on the finger divider so that it pulls from the ulnar side toward the radial side. For additional support on the ulnar side, gently bend the edge of the orthosis to a 90° angle. The finger divider can be customized by trimming away any unneeded walls, allowing support for one or more fingers as required.



## Positioning the Thumb

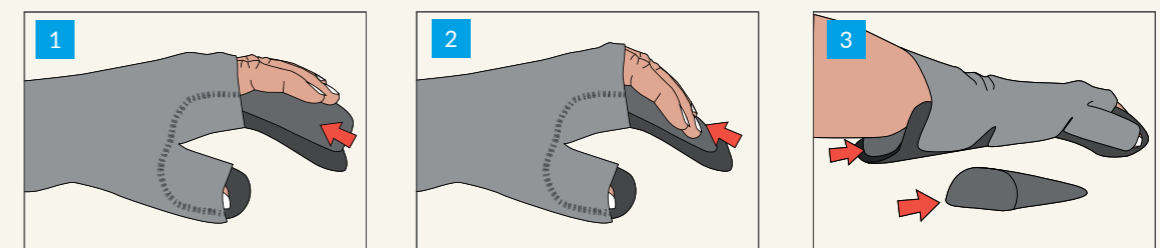
If repositioning the thumb is needed due to spasticity and/or contractures, use plumber's pliers to bend the proximal part of the splint to achieve proper alignment of the CMC joint. To increase thumb flexion, bend the distal part of the thumb section using smaller pliers or by hand.



## The Wedge

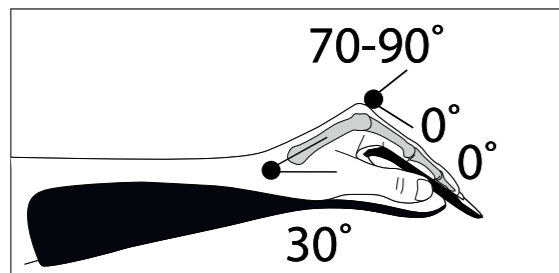
The wedge can be used for different purposes.

- 1** With the high part of the wedge distally, the stretch of the long finger flexors (Flexor Digitorum Profundus and Superficialis) increases.
- 2** With the lower part of the wedge positioned distally the stretch of Intrinsic muscles (Interossei and Lumbricals) increases.
- 3** 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.

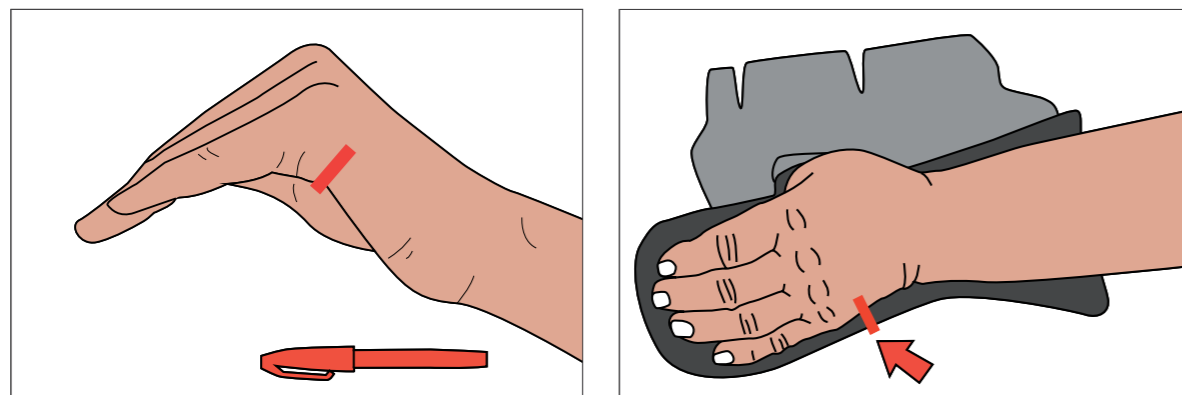


## Convert the resting position into a rehabilitation position

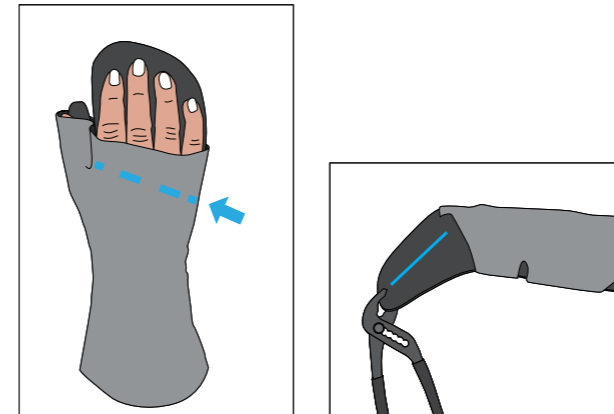
To remold the orthosis into Position of Safe Immobilization/Rehab-position, the splint must be adjusted. The area at the MCP joints must be bent into 70° - 90° of flexion and the area for the IP and DIP joints should be straightened to full extension. As the last adjustment the wrist should be positioned in 20-30° extension.



Begin by selecting a splint one size smaller than the patient's usual size. Mark the distal palmar crease on the patient's hand, then place the hand in the splint to determine where the bend should be made to align with the MCP joints. Use this marking as a guide for bending the splint.



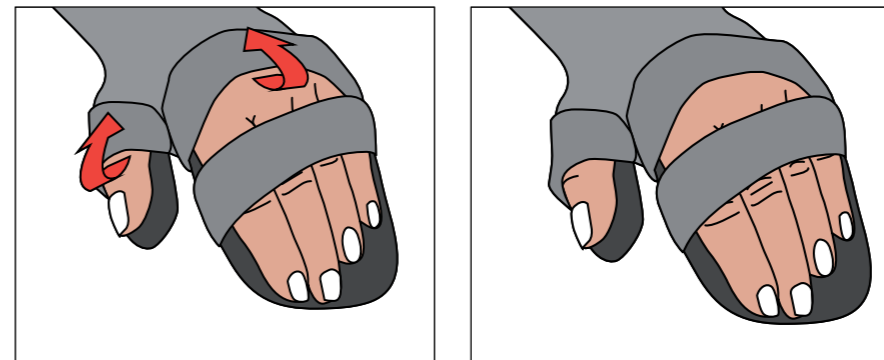
Bend the splint over the edge of a table, ensuring that the splint is bent in line with the distal palmar crease and follows the natural alignment of the MCP joints from the 2nd to the 5th finger. Especially important for the 5th finger to ensure proper positioning.



Straighten the area for the PIP and DIP joints to full extension. Use the pliers for doing that.

Next step is to position the thumb by pulling the base of the thumb part slightly in volar abduction. (See picture 3 in section Thumb Positioning)  
Finish by adjusting the wrist angle to 20°-30° of extension.

When using the orthosis in Rehab position, the cover should be folded back or cut to free the MCP joints to allow the flexion. However, it is essential that the hand remains covered up to the level of the MCPs to provide adequate counterforce and support in the treatment of edema. finger strap should be placed across the middle phalanges to secure the fingers and ensure proper positioning.



Scan the QR code to learn more about the **S.O.T Resting Splint**



## Support for Better Life

Everyone should be able to live their life to the fullest, regardless of their mobility challenges. With innovative solutions developed in close collaboration with healthcare professionals and patients, we strive to provide Support for Better Life.

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