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Daytime Wrist-Hand Orthotics

Welcome to your new Wrist-Hand orthotics! Please follow the recommended break-in schedule to ensure a comfortable transition to orthotics use.

TO START:

For the first 3 days, wear your orthotics for 1/2 hour maximum. If any discomfort is felt, remove them immediately. Increase the wearing time by 15 minutes per day after the initial 3 day break-in period.

After 3-4 weeks, the wrist-hand orthotics should be happily worn all day. If any discomfort is felt after the first 4 weeks, please contact us and set up an appointment with your Orthotist to review the fit of your orthotics.

Inspect your skin for red marks when you remove the orthotics. Any red marks should disappear within 15 or 20 minutes after taking the orthotic off. If they do not disappear within that time, contact your Orthotist.

NIGHTTIME WRIST-HAND ORTHOTICS:

Build up the wearing of these orthotics slowly. This can be done during the day. A wear schedule similar to the daytime braces is best. Begin slowly and work up to approximately 4 hours during the day, after which you can begin wearing them at night.

CARE OF YOUR ORTHOTIC:

Your orthotics may be cleaned by wiping with a damp cloth. Do not place them near a heat source.

Ortho Design will adjust your orthotics to assure optimum fit and comfort for your individual needs. Check-ups are always free.