


FITTING INSTRUCTIONS



To ensure a perfect fit and optimal function of the Push CMC thumb brace it is important to accurately put the brace in its precise position and shape it according to the form of the thenar eminence. Please follow the instructions below.

FITTING THE PUSH® CMC

1. Measure the circumference to choose the correct size:

| | | |
|---|--------|----------------|
|  | size 1 | 16 - 19.5 cm |
| | size 2 | 19.5 - 22.5 cm |
| | size 3 | 22.5 - 26 cm |

2. Before applying the orthosis, gently spread the metal insert to make it slightly larger (Figure ①).
3. Place the orthosis on the hand/thumb and push it as far down as possible around the base of the thumb (Figure ②, ③, ④). First close the lower band nearest to the wrist (①). Then close the upper band (②).
4. With the orthosis in place, ask the patient to gently touch the tip of the thumb to the tip of the index finger, making an 'O' shape. Be sure the thenar (thumb) muscles are relaxed and NOT actively pinching (Figure ⑤).
5. Looking directly into the palm, be sure the thumb is positioned so the MP and IP joints are slightly flexed and there is slight angle between the 1st and 2nd metacarpal shafts as shown here by the dotted lines (Figure ⑥).
6. Maintain the thumb in the 'O' posture with the thenar muscles relaxed, and firmly squeeze the metal insert to snugly fit the contour and size of the thenar eminence (Figure ⑦).

NOTE: if there is a prominent bony contour at the base of the thumb, it may be desirable to use a pair of needlenose pliers to accurately contour the metal insert around the bony prominence.

