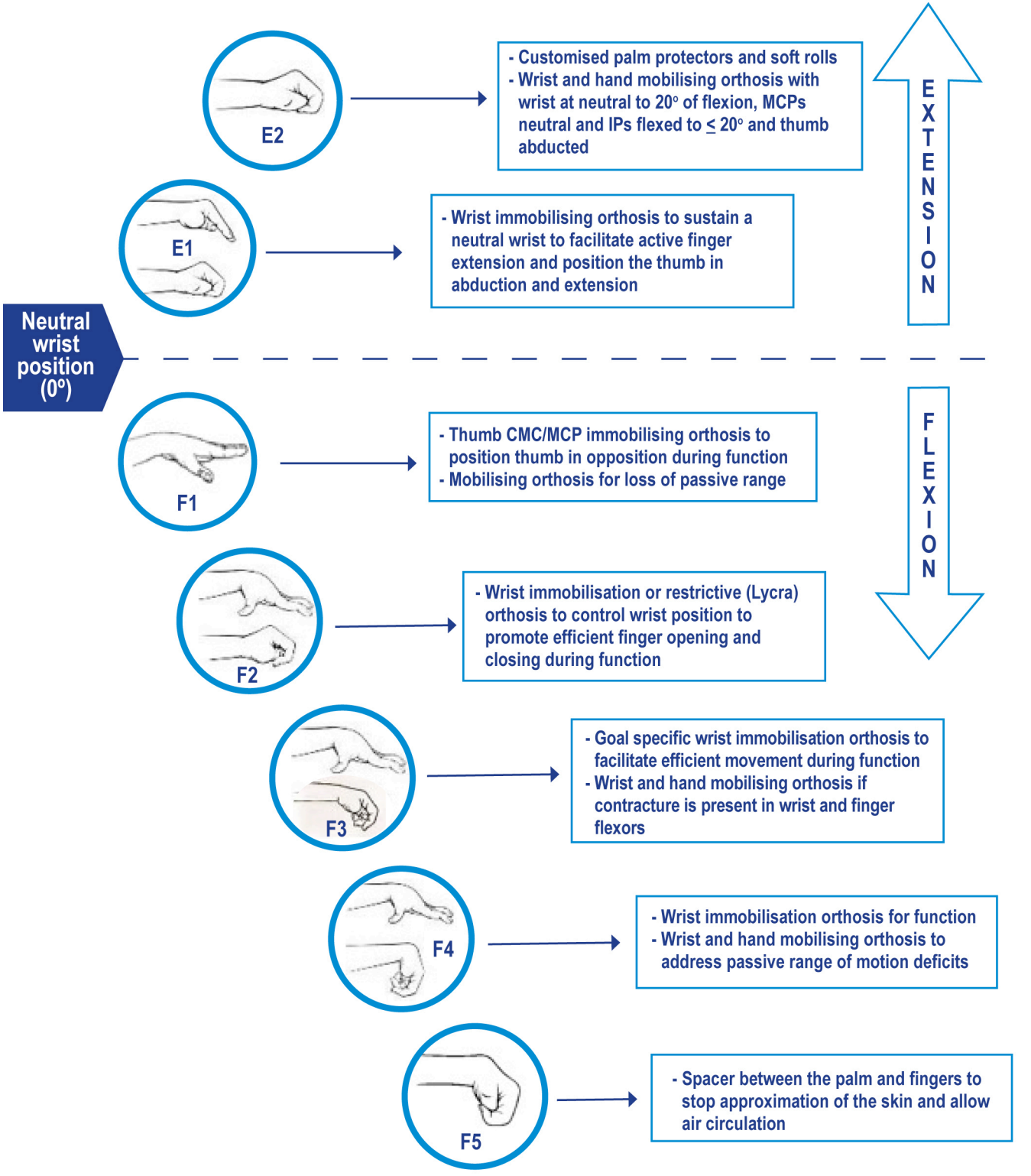
E2
- Customised palm protectors and soft rolls
- Wrist and hand mobilising orthosis with wrist at neutral to 20° of flexion, MCPs neutral and IPs flexed to ≤ 20° and thumb abducted
E1
- Wrist immobilising orthosis to sustain a neutral wrist to facilitate active finger extension and position the thumb in abduction and extension
EXTENSION
Neutral wrist position (0°)
F1
- Thumb CMC/MCP immobilising orthosis to position thumb in opposition during function
- Mobilising orthosis for loss of passive range
F2
- Wrist immobilisation or restrictive (Lycra) orthosis to control wrist position to promote efficient finger opening and closing during function
FLEXION
F3
- Goal specific wrist immobilisation orthosis to facilitate efficient movement during function
- Wrist and hand mobilising orthosis if contracture is present in wrist and finger flexors
F4
- Wrist immobilisation orthosis for function
- Wrist and hand mobilising orthosis to address passive range of motion deficits
F5
- Spacer between the palm and fingers to stop approximation of the skin and allow air circulation