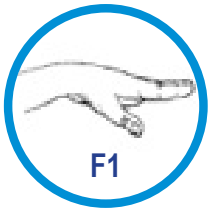
Orthosis considerations utilising the NHDC

- 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

- 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°)

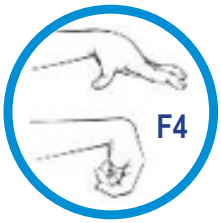


- Thumb CMC/MCP immobilising orthosis to position thumb in opposition during function
- Mobilising orthosis for loss of passive range

- Wrist immobilisation or restrictive (LYCRA®) orthosis to control wrist position to promote efficient finger opening and closing during function

FLEXION

- 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



- Wrist immobilisation orthosis for function
- Wrist and hand mobilising orthosis to address passive range of motion deficits

- Spacer between the palm and fingers to stop approximation of the skin and allow air circulation