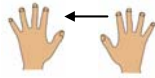


### Intended Use

The PIPRO orthosis is designed to help correct flexion contractures of the proximal interphalangeal joint (PIP). It is specially designed with trimmable seams for a health provider to individually size and fit the orthosis. Its soft, circumferential design is intended for wear schedules that provide low-force, dynamic soft-tissue mobilization.

### Pick the Right Size



Fit Opposite

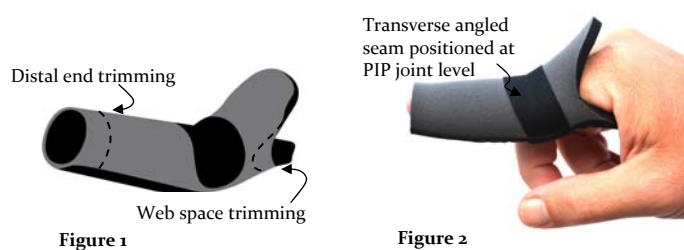
Size Up

Trial

The PIPRO has sizes from xx-small to x-large to accommodate most finger sizes. A common sizing method is to choose the same digit of the opposite hand (if uninjured) and find a comfortable fit. Select a PIPRO one or two sizes larger based on the contracted digit's swelling, angle of contracture, and skin condition. In a minimally swollen and low angle digit being treated, sometimes 'sizing-up' is not necessary. While educating the patient about their new orthosis and before trimming, allow the patient to wear the selected PIPRO for 5-10 minutes in the clinic. This helps confirm that the patient finds the PIPRO sufficiently comfortable with this size and that they are not experiencing numbness nor decreased finger circulation. If the orthosis feels too tight, choose a larger size. During early contracture treatment, swelling of the PIP joint may result in an initially well-fitting splint becoming too tight. Size up and consider a smaller splint when swelling decreases. Additionally, as treatment progresses and the swelling and contracture decreases, a smaller size may be needed to achieve additional benefit. The correct size should be chosen by a health care professional based upon patient comfort, tightness upon initial application and should take into account finger swelling, quality of skin, and degree of joint contracture.

### Trimming

The PIPRO often needs trimming so that it fits comfortably without irritating the web space skin (figure 1). This is especially true for the index and small fingers. This fitting to the web space is also important so that the angled transverse transition of the splint is situated near the level of the contracted PIP joint (figure 2). This is best appreciated by asking the patient to bend the digit and palpate the joint dorsally. Once web space trimming is complete if necessary, the distal end of the PIPRO should be trimmed (figure 1) so that the distal end of the orthosis is flush with the distal tip of the finger (figure 2). Noting this to the wearer aides in correctly positioning the PIPRO upon future application.



### Donning a PIPRO

1. Wash and dry the hand to remove oils and lotions from the skin that might degrade the orthosis material over time.
2. Over dry, intact skin, slide the orthosis onto the digit. The palmar and dorsal tabs can be alternately gently grasped to help pull the orthosis proximally. Elevating and pulling too forcibly on the tabs can cause a tear in the neoprene. Small tears do not compromise function of the PIPRO however larger tears reduce the splint benefit.

3. If the orthosis tends to slide distally, there is an optional night strap that is available separately and is a good means to secure the splint.

### Wear Schedules

1. **Initially**, have the patient wear the PIPro 5-10 minutes at a time as they did in the clinic and instruct the patient to repeat this wear time several times a day for several days.
2. **Progress** to gradually longer wear times over subsequent days and weeks. This initial intermittent use period is important to assess tolerance to the orthosis and skin integrity.
3. During this 'break in' period, the neoprene will begin to conform to the digit much as a leather shoe does on a foot. Creases in the orthosis are normal and will be visible on the volar seam even when the orthosis is off the digit however clinical torque testing demonstrates that the PIPro retains >75% of its rotational force following 'break in' and extended wear. During treatment, if reduction in swelling and contracture of the digit results in an orthosis that is loose fitting, consider trialing a smaller size in the clinic for additional improvement.
4. Some patients can progress quickly to longer wear times of 20-30 minutes and more while patients with higher angle and sore/swollen PIP joints might need weeks or months to comfortably progress.
5. **Overnight** wearing can be considered when daytime wearing of 40 minutes and more is comfortable and skin integrity good. Although the PIPro is designed to be comfortable for night wearing, not all digits can tolerate an overnight wear schedule.
6. Maintenance of extension for a digit that tends to re-contract once the orthosis is discontinued is challenging. Some patients may require maintenance orthosis use for many months beyond initial correction of the contracture.

### Precautions/Warning

This orthosis is designed to be sized and fitted by a healthcare professional. Do not use on compromised skin including digits with open sores, cuts, irritated skin or over stitches. Do not use if you are allergic to any materials in this product, are susceptible to skin breakdown secondary to skin conditions such as psoriasis, eczema, prior burns or radiation, etc. or have thin skin from prolonged steroid exposure. Do not use on digits with compromised circulation or numbness. Safe use requires digits that have normal sensation and can provide feedback to the wearer whether orthosis fit continues to be appropriate over the course of treatment. Do not use if there is evidence of joint instability, ligamentous laxity, PIP joint hyperextension, or the wearer has generalized hypermobility of their joints. The circumferential design of the splint elevates skin surface moisture and temperature. Check skin for integrity with each use especially for tighter joints or higher angle contractures. Discontinue using if any skin discoloration, discomfort, breakdown, redness, or blisters develop. Immediately notify your treating medical professional. Do not wear the orthosis if it appears deformed or structurally compromised. Discontinue using the orthosis if the fit feels too tight or causes digit numbness or coolness.

### Materials

Neoprene, nylon, seam adhesives.

Caution: **This Product Contains Natural Rubber Latex Which May Cause Allergic Reactions.**

If skin irritation or discomfort occurs, discontinue use and consult a medical professional

### Cleaning

Hand wash with mild soap/detergent in cool water. Rinse thoroughly. Air dry only. Do not bleach.

### Further Instructional Information

Visit [angularortho.com](http://angularortho.com) for further information and videos. It's easy by clicking the QR code below



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