

SOT Thumb Orthosis



An unique Orthotic Solution for thumb and palm

The orthosis is designed to restrict movements in CMC and MCP joints, support the hand's arch and position the thumb's joints and muscles in a comfortable and desirable resting position, and to avoid overstretched ligaments that can lead to subluxation in the joint.



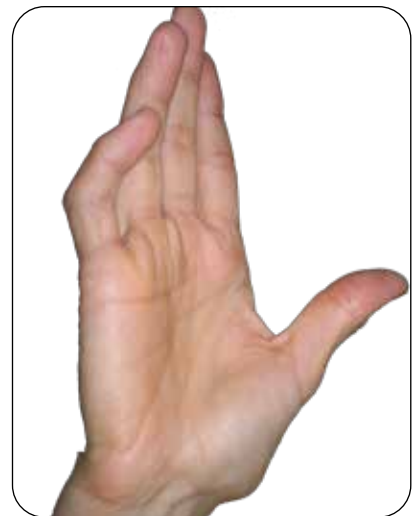
Intended use

Osteoarthritis*, rheumatoid arthritis, adduction contracture of the thumb, overload injury of the CMC joint.

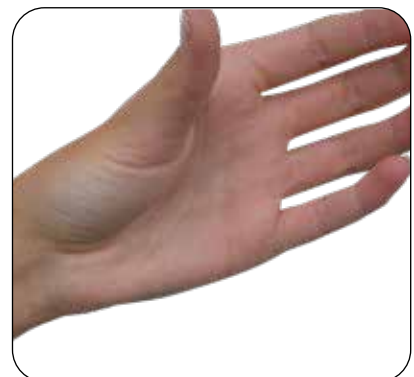
- The orthosis has an adjustable aluminum core that can easily be shaped to fit individual anatomy.
- The orthosis can be adjusted as the contracture changes.
- The orthosis can be machine washed with cover attached at 40°C, 104°F.
- The smooth design makes it an excellent alternative to custom made thumb orthosis.

**OA in CMC region stages 1-4. At OA in stage 4, the scaphoid is also involved. Then the thumb support should to be combined with a wrist orthosis.*

¹Eaton and Littler Classification of Basilar Thumb Arthritis.



Limited movement



Adducted thumb

Additional Support

When extra support is needed for the wrist, the SOT Thumb Orthosis can be used together with a wrist brace, such as 35204 SELECTION Wrist Soft or 35207 SELECTION Open Wrist. For patients with adduction contracture that has developed due to forearm fracture immobilization, SOT Thumb Orthosis combined with a wrist orthosis may be advantageous for night-time treatment.

For patients with carpal tunnel syndrome, it is beneficial to use a wrist support in addition to off-loading the finger flexors by providing support under the MCP joints, which helps open the hand and create more space for the median nerve in the carpal tunnel during the night. This is also helpful in arthritis/osteoarthritis where there is a risk of intrinsic shortening.

The cover of the SOT Thumb Orthosis can be removed, and the product can be positioned inside the wrist orthosis as shown.



Shown above is the S.O.T Thumb Orthosis in combination with a wrist orthosis. This is a smooth and functional solution when support is also needed for the wrist.



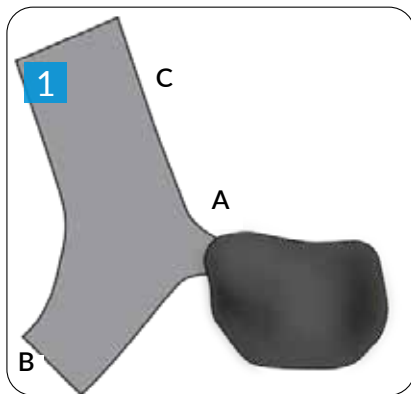
Thumb and palm support from inside.

Professional Guide

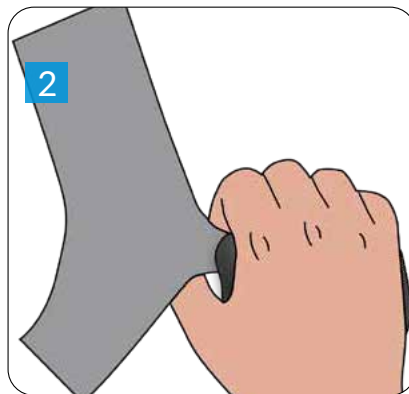
S.O.T Thumb Orthosis

How to put on the orthosis

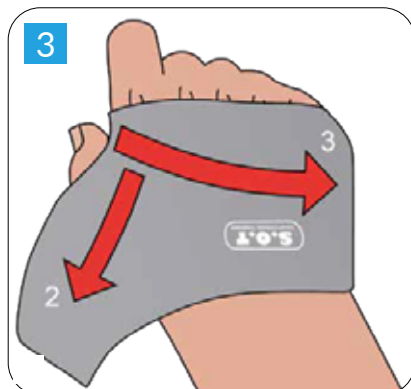
To ensure optimal function it is important that the cover is well adjusted. Attach the cover in sequences, keep the thumb section (1) attached from the start. Then attach 2 and 3, and if needed adjust 1. Finally adjust and make sure it fits comfortably.



Open the wide straps B & C and leave strap A at its position.



Put the hand on the support.



Pull the strap over the hand and attach strap 3 and then strap 2 on the Velcro on the inside of the support. Adjust strap A and B for comfort.



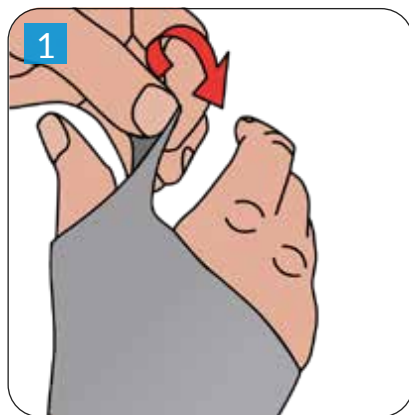
Put on

Take off



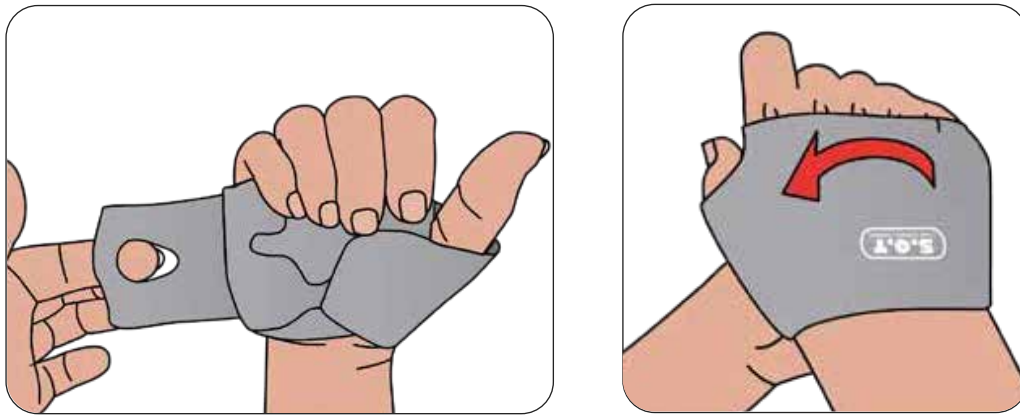
For donning and doffing, after initial fitting, only open strap 3 on the ulnar side.

Adducted thumb



If the patient has severely adducted thumb and the space between thumb and index finger is limited, the thumb strap can be rotated to improve the fit.

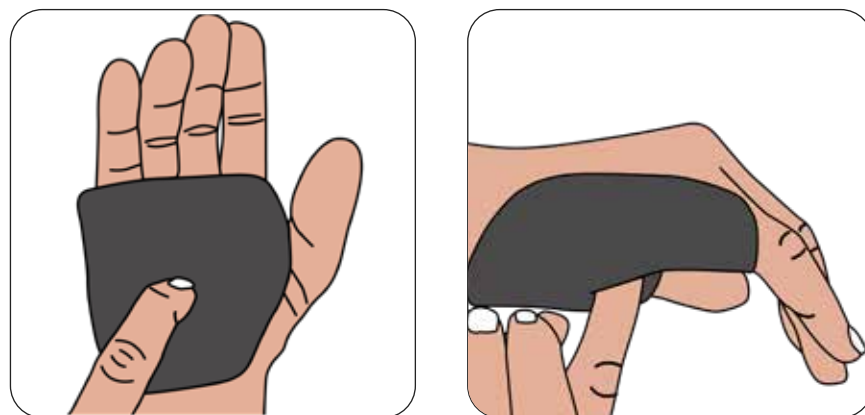
Limited muscle function



Limited hand muscle function

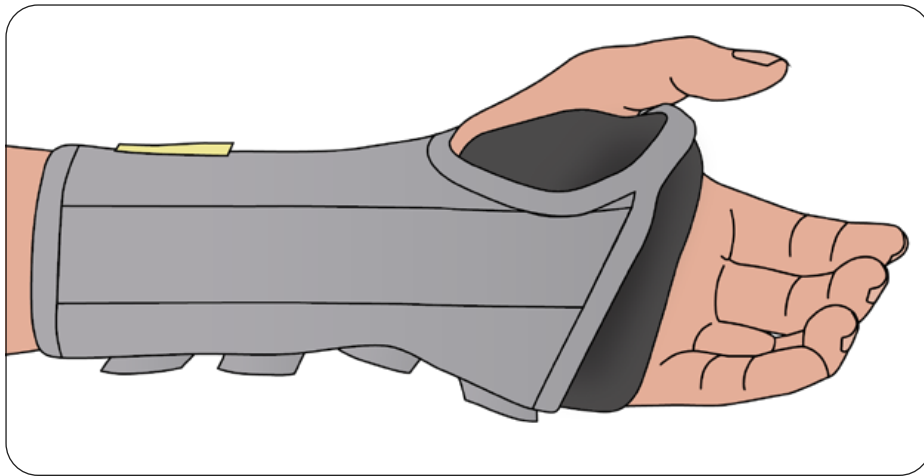
If the user has limited function in the hand and fingers, donning and doffing can be made easier by cutting a hole in the material on the little finger side.

Extra support for MCP-joints



Choose a larger size to give the user increased support for MCP dig. 2-5. The orthosis can then give an ulnar support for the MCP-joint that can also prevent ulnar deviation.

Additional support for the wrist



When extra support is needed for the wrist, the SOT Thumb Orthosis can be used together with a wrist brace, such as 35204 SELECTION Wrist Soft or 35207 SELECTION Open Wrist. For patients with adduction contracture that has developed due to forearm fracture immobilization, SOT Thumb Orthosis combined with a wrist orthosis may be advantageous for night-time treatment.

For patients with carpal tunnel syndrome, it is beneficial to use a wrist support in addition to off-loading the finger flexors by providing support under the MCP joints, which helps open the hand and create more space for the median nerve in the carpal tunnel during the night. This is also helpful in arthritis/osteoarthritis where there is a risk of intrinsic shortening.

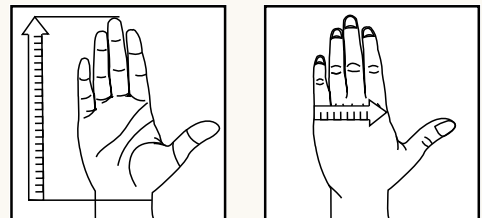
The cover of the SOT Thumb Orthosis can be removed, and the product can be positioned inside the wrist orthosis as shown.

Item Number and Size Guide SOT Thumb Orthosis

Item no.Left	Description	Side	Size	MCP Width ** measurements	Length * * (from wrist to fingertip)
28720 1011	S.O.T. Thumb Orthosis*	Left	Small	≤7.5cm / 3"	≤18.5cm / 7.25"
28720 1012	S.O.T. Thumb Orthosis*	Left	Medium	≤8.5cm / 3.4"	≤20cm / 8"
28720 1013	S.O.T. Thumb Orthosis*	Left	Large	≤9cm / 3.54"	≤21cm / 8.25"
28720 2011	S.O.T. Thumb Orthosis*	Right	Small	≤7.5cm / 3"	≤18.5cm / 7.25"
28720 2012	S.O.T. Thumb Orthosis*	Right	Medium	≤8.5cm / 3.4"	≤20cm / 8"
28720 2013	S.O.T. Thumb Orthosis*	Right	Large	≤9cm / 3.54"	≤21cm / 8.25"
28721 1011	Extra cover	Left	Small		
28721 1012	Extra cover	Left	Medium		
28721 1013	Extra cover	Left	Large		
28721 2011	Extra cover	Right	Small		
28721 2012	Extra cover	Right	Medium		
28721 2013	Extra cover	Right	Large		

* complete orthosis comes with one cover

** Relation between MCP width and wrist to fingertip length can vary. Regard the size interval only as a guide.



Support for Better Life

Everyone should be able to live their life to the fullest, regardless of their mobility challenges. With innovative solutions developed in close collaboration with healthcare professionals and patients, we strive to provide Support for Better Life.

allard

Allard USA Inc.

300 Forge Way, Suite 3, Rockaway NJ 07866-2056, USA | 888-678-6548 | info@allardusa.com | allardusa.com