

FINGERPRESS®

PIP EXTENSION ORTHOSIS

PRODUCT INFORMATION

INTRODUCTION

I'm Andy, the inventor of the FingerPress and the first patient to straighten a finger using this device. I founded OrthoPress in order to help others regain the use of their hands. I hope you get the results you're looking for.

INDICATIONS



The FingerPress is a static-progressive orthosis for increasing the extension range of the middle joint of a finger affected by a PIP Flexion Contracture.

The device holds the PIP joint extended to the limit of its range of motion. Daily use may help to restore the range of motion by gradually stretching the affected tissues. Please consult a Certified Hand Therapist (CHT) or a hand surgeon.

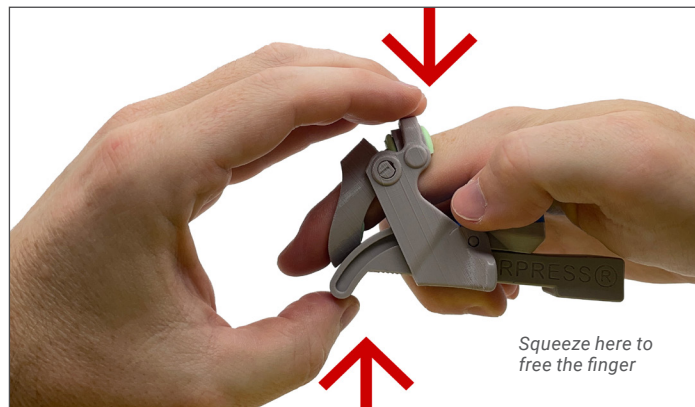
<https://www.htcc.org/find-a-cht>

You don't have to, but it is emphasized because CHTs can help you find the best treatment for your condition. Be sure to bring your FingerPress to the appointment.

Finger deformities can have many different causes. Not all of them respond well to stretching. Sometimes stretching can do more harm than good. Sometimes there are other treatments that work as well or better. And sometimes the use of a FingerPress can be enhanced by applying moisture, heat, exercise, rest, massage, nutrition, and other factors. Please visit a CHT if you aren't making progress. The FingerPress is not indicated for any other condition of the PIP, nor any conditions of the other finger joints or thumbs or toes.

INSTRUCTIONS

LEARN THIS FIRST: TAKING IT OFF

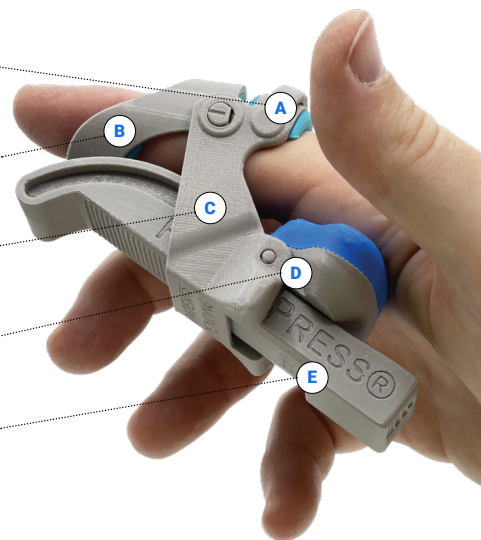


Before you put on your FingerPress, it's a good idea to learn how to take it off. The device has a ratcheting mechanism that can trap your finger in a tight squeeze. We wouldn't want you getting stuck and having a bad time!

The basic idea is to pull back the slide. This can be difficult when the ratchet has engaged. Disengage the ratchet by squeezing the end of the slide as shown. You can also tap the curved end of the slide on a solid surface.

NAMING THE PARTS

- A. RING** The plastic part with one small pad.
- B. SWINGARM** The plastic part with two small pads.
- C. FRAME** The plastic part that holds it all together.
- D. PALM PAD** The flat pad where the palm will sit.
- E. SLIDE** The plastic part that slides through the frame.



OPENING THE DEVICE

Hold the frame and pull the slide back and down. The palm pad also rotates down to make the opening larger. This helps when inserting a severely bent finger. Putting the finger in sideways can also help in extreme cases.

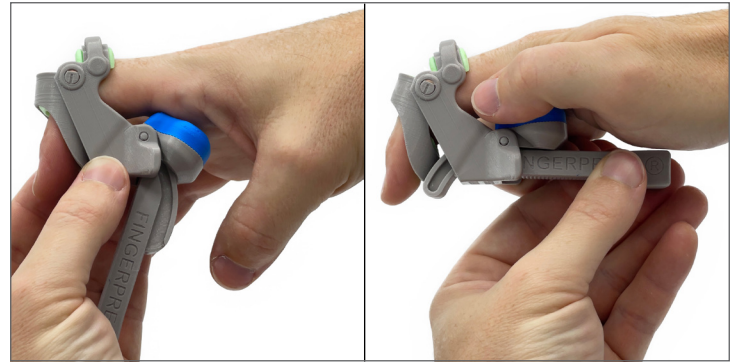


INSERTING THE FINGER

Insert the finger so that the first joint (MCP) rests on the palm pad, the second joint (PIP) is aligned with the swingarm hinge, and the third joint (DIP) sits on or beyond the pad at the end of the swingarm.

If the swingarm is too long, it might hyperextend the DIP. Use a shorter swingarm so the DIP is neutral.

Rotate the slide and palm rest into position before pushing the slide forward. If you push the slide while it is tilted back, it will catch on the swingarm and prevent proper function.



Insert the fingers so that the affected joint is supported by both upper pads.

STARTING THE STRETCH

Hold the frame on the palm side. You can grip it the same way you would hold a syringe: two fingers hold onto the sides of the frame while the thumb pushes on the slide.

Push the slide until the PIP is at maximum extension without causing pain. The ratchet will engage and click as you advance. Do not overextend the PIP! Stretching takes time. If it hurts, back it off a click or two.

After a minute or two, the pressure may have reduced because some tissues have relaxed or some fluids have been displaced. Take another click if it's comfortable.



Grip the FingerPress just like a syringe. Your thumb pushes the slide forward.

TAKING THE TIME TO STRETCH PROPERLY

Sessions should be at least 15 minutes. If you can't tolerate 15 minutes, use less force or try a different size. Take frequent breaks to relieve pressure and exercise the full range of motion.

You might not see results after a single session. This is normal. Be patient and persistent. It can take weeks before changes appear.

Be careful not to damage your circulatory and nervous systems. If the finger changes color or gets cold or numb, use less force.

Wear your FingerPress as much as you can. Tough PIP contractures might require 6-12 hours of stretching every day to straighten.

Contractures tend to rebound in between stretching sessions, especially overnight, so it's best to do a session as soon as you wake up and several times throughout the day. Missing one day may set you back by two days or more.

Depending on the underlying condition and the degree of stiffness in the affected tissues, recovering full extension might take two weeks or two years. It might also require surgery to correct an underlying condition. Document your progress. If you are working with a therapist, they will measure the range of motion at each visit.

TAKING CARE OF YOUR FINGERPRESS

The FingerPress is built to last for up to a year of daily use. However, it is not made to withstand accidental forces like dropping, crushing, bending, tearing, and chewing. Beware of dogs! Several devices have been chewed up by perfectly well-behaved dogs.

Avoid getting your FingerPress dirty. It can get wet but it is not waterproof. Take it off before eating, washing, exercising, and performing any dirty work. You can clean it with a soft cloth dampened with alcohol or a mild soap solution.

Keep your FingerPress away from anything hot enough to hurt you. Leaving it inside a hot car may soften and deform the material.

OrthoPress will replace parts made unusable due to defects in the materials or workmanship.



ORTHO PRESS

OrthoPress Inc.
7500 W Hwy 71 Suite 106
Austin, TX 78735

andy@orthopress.com
www.orthopress.com
+1 (512) 765-4325