

# Wear & Care Instructions



## Long Wrist Brace

Steeper manufactures a quality range of orthotic products and to help you care for the product, this leaflet provides information on how and when to use your prescribed orthosis, how to care for it and how to contact us if you have a problem or require a replacement.

### Care & Cleaning

Remove any metal stays if possible, close all contact closures and hand wash in warm water with mild soap. Product should be air-dried, do not use high temperatures to wash or dry.

### Applying the Orthosis

1. Open wrist splint and lay flat (inside up) on any clean surface.
2. Place hand on splint so that the strap with the loop portion extends through the index finger and the thumb and attaches to hook on top of your hand.
3. Attach remaining straps while slightly stretching the elastic, starting at the wrist and working up the forearm.

#### IMPORTANT

The advice and information contained in this document is not intended as a substitute for medical counselling. If you have any questions about treatment for a specific condition, please check with a health care professional.



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