

Check that all required materials were included with your kit.

1. Hand or Forearm Based Thermoplastic Splint
2. MP Extensor Stays (Qty. 4)
3. Neoprene Thumb Strap
4. **(W-700, W-710 Only)** PIP/DIP Extensor Straps (Qty. 4)

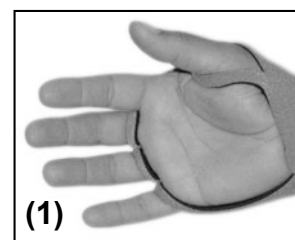
Heating and Forming Thermoplastic Splint

READ!

Thermoplastic splints will not fit or function properly until heated and formed to the patient. Issues with the size or fit of the splint cannot be determined until it has been properly heated and formed.

Warning: Heat and form Thermoplastic Splint **BEFORE** applying MP Extensor Stays. The Rigid Stays contain metal. Do not put splint in the microwave if MP Extensor Stays are attached.

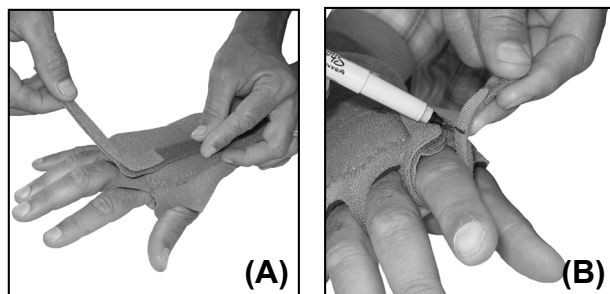
- Place splint in microwave (on high) for 10 seconds. Laying the Velcro straps out and **NOT** on the thermoplastic panel helps it heat more evenly. **TURN SPLINT OVER** and heat for another 10 seconds. Heating may also be performed using a hydrocollator or hot water (185°F).
- Check to see if the entire thermoplastic panel is pliable. If not, reheat using 10-second intervals, flipping the splint over each time. **DO NOT LEAVE THE MICROWAVE UNATTENDED. OVERHEATING CAN CAUSE THE NEOPRENE TO BURN.**
- When heating is complete, check inside of splint to be sure there are no **HOT SPOTS** before applying splint to patient.
- Place splint on patient dorsally, inserting thumb and fingers (**leaving index finger free (Fig. 1)**) through slots at distal end of splint. Fasten wrist/forearm straps.
- Keep patient in desired position until thermoplastic panel cools and hardens. An ice bag may be used to accelerate cooling of the panel.
- Once set, remove from patient and allow 15 minutes to completely harden.
- If the correct fit is not obtained, remove the product and repeat above procedures or spot treat specific areas with a household iron set to medium.



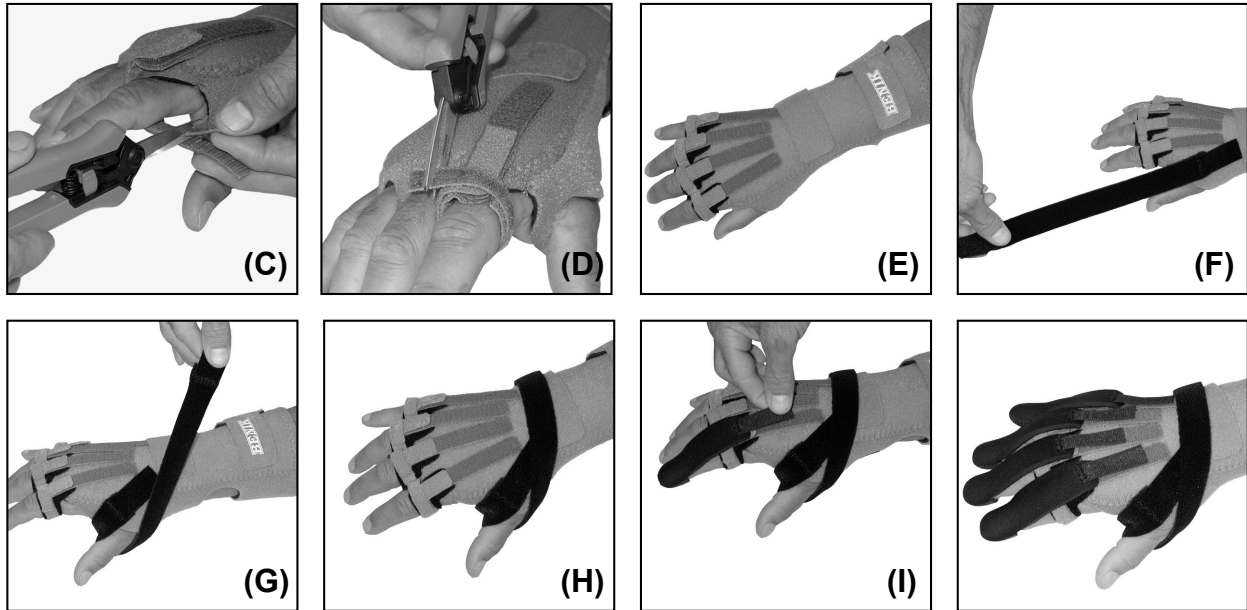
MP Extensor Stay Application

Note: Properly fitting and trimming excess material is critical to function and comfort of splint.

Warning: The Rigid Stays contain metal. Do not put splint in microwave if MP Extensor Stays are attached.



- With the patient wearing the already formed splint and, beginning with the index finger, attach the rigid portion of an MP Extensor Stay to the Velcro-sensitive dorsal side of the splint along the pathway of the EDC **(A)**.
- Wrap the strap around the proximal phalanx of the finger using slight tension. Note where the strap begins to overlap once it has encircled the finger, and make a mark on the inside lining material of the strap **(B)**.



- Peel back the inside lining of the strap to the mark and remove the excess material with scissors to reduce bulk and expose the hook Velcro underneath **(C)**. **DO NOT CUT THE OUTSIDE VELCRO STRAP AT THIS POINT.**
- Now allow the strap to fasten across the top of the finger. Note where the strap completely crosses the top of the finger, and remove excess material with scissors to reduce bulk **(D)**.
- The MP Extensor Stay can now be adjusted to provide the desired extension by moving it proximally or distally on the splint.
- Repeat the process with each finger ending with the pinky **(E)**.
- Once the stays are in place, attach one end of the Neoprene Thumb Strap dorsally alongside the index finger MP Extensor Stay **(F)**. Wrap the Neoprene Thumb Strap between the thumb and index finger, bringing it under the thumb and back up across the dorsal side of the hand **(G)**, attaching the other end at the wrist **(H)**.
- **(W-700, W-710 Only)** For additional DIP and PIP extension, the DIP/PIP Extensor Straps can be placed on the end of each finger and secured along the path of each stay **(I)**. Adjust resistance for desired extension. Care should be taken to avoid DIP hyperextension.

Replacement Parts

Through normal wear and tear, some parts of the Tunnel Splint™ may require eventual replacement. Individual components may be purchased to maintain functionality of the splint.

Contact the Benik customer service department at 1-800-442-8910 with any questions, comments or concerns.