



Thank you for purchasing the WristWidget. Please take a moment to read about the TFCC and how to wear the WristWidget. This brace has a mission- to help your wrist heal. If you know more about your injury, you can measure the slow and steady improvements. You will know when you do not need it any longer. I am sure you will be happy to learn that the TFCC ligament heals. Yes it does- it heals.

What is the TFCC?

The TFCC comprises of a group of ligaments that connect the small wrist bones to the radius bone to the end of the ulna. It is one of the main stabilizers of the wrist. The TFCC can become painful as a result of a traumatic tear or degenerative wear and tear of one or more of its parts.

How Does the WristWidget Work?

The WristWidget is similar to a stitch. If two pieces of skin come apart and you put a stitch in them to keep them help together, they will heal faster. Imagine a wound that reopens every time you rotate the wrist! By keeping the two bones together, the TFCC ligament no longer is tugged and says, "ah- thank you WristWidget!"

How to use the WristWidget.

It is designed to fit both wrists and most sizes. This makes it tricky to figure out how to put it on. Study the photos and do not accept an ill fitting splint. There are many variations of the human wrist, so please email me if you are having any problems with it fitting properly. Remove the WW from the package. Position the logo so that it does not touch the skin. Feed the straps through the 2 holes. Remove the tape from the straps. Slide the WW over your wrist and position it so that the ulna is in the center of the rectangle. The ulna bone is on the pinky side of the wrist. You can put the logo on the top of the wrist or the bottom, whichever you prefer. Most people like the logo on the bottom of the wrist. Tighten. Twist the strap and secure.

You will notice an immediate improvement. Make sure the WW does not push down on the ulna or slip over the ulna in any way.



What is the Weight Bearing test and why is it important?

The weight bearing test is a measure of how much weight you are able to pass through your wrist and hand. Once you have the Wrist Widget fitted properly, you can start by testing your own weight bearing tolerance. All you need is a non-digital analog scale. Digital scales do NOT work. The human wrist is capable of tolerating 60-120 lbs. of weight on each wrist! If your injury is to the TFCC, you will notice that your uninjured wrist is normal and your injured wrist hurts when you push down on the scale. The test is not intended to hurt you. It is to measure where you are starting, where you need to go (the uninjured wrist) and the affects of the WristWidget. The WristWidget should only be worn when you see a change of weight bearing tolerance when you put it on. When pushing on the scale, remember, NO Pain. You are simply checking where you are starting. This is oftentimes more reliable than an MRI and much, much less expensive.

Under 45 lbs. ... Yikes, your wrist must hurt! Take it easy until you are over 45 lbs. You will notice that most functional tasks around the house are painful when you are under 45 lbs. After 45 lbs, you will be able to do much more. BUT- no tennis, lifting, heavy loads if you are under 45 lbs... period. The WristWidget should be worn at all times, including showers and at night until you reach 65 lbs.

65 lbs. You can safely load your wrist with more activities. There are some exceptions: no bicep curls over 10 lbs. No pull ups or push ups. You can start stretching the pronator muscle (see <http://www.wristwidget.com/wrist-pain-blog.html>)

How do I know if my wrist is healing? How long do I have to wear the WristWidget?

Each week, measure your weight bearing tolerance while wearing the WristWidget. This should be done to the edge before pain but no further. Record your measurements to keep track of your progress as your wrist heals. Your goal is 100% return of weight bearing tolerance. If you are normally able to push 100 lbs. and start at 65 lbs, you are functional yet still have a 35% loss. So when it starts feeling great, resist the urge to remove it and get it to 100%. Healing time varies depending on severity of injury. Most require 4-8 weeks of use, but up to 12 weeks is possible if you have a complete tear.



Rules of the WristWidget.

It is guaranteed. Return it anytime if you are not finding success. Wash in cold water. Hang to dry. It crumbles on high heat. Do not accept a poorly fitting splint. Enjoy watching your wrist heal.

Questions? Email me at info@wristwidget.com. Please join me on LinkedIn to keep posted on the latest updates and news.

Warmest Aloha! Wendy Medeiros, OTR, CHT, Clinical Research Coordinator