

# Agee TurnKey FCS™

## Patient Information

### Attention Surgeon:

Review the enclosed instructions for band changes, pin care and exercises with your patient. Modify as needed for each patient.

**Warning: The Elastic Bands in this product contain natural rubber latex that may cause allergic reactions.**



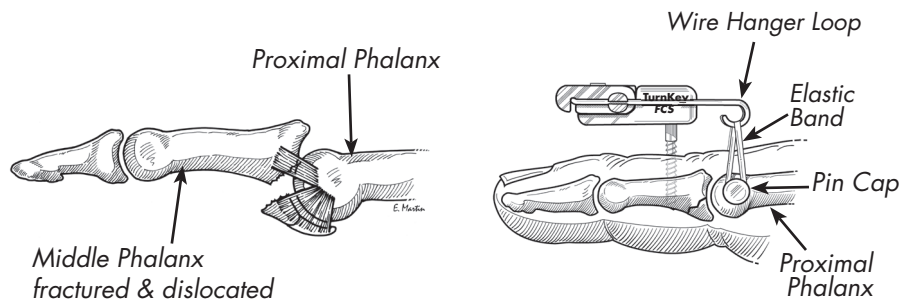
Hand Biomechanics Lab, Inc.  
77 Scripps Drive, Suite 104  
Sacramento, CA 95825  
(800) 522-5778  
(916) 920-2215 Fax

TurnKey FCS is a trademark and hand/arc logo is a registered trademark of Hand Biomechanics Lab, Inc.  
©2007-2008 Label P/N 338700C

## TurnKey FCS Patient Information

### Introduction

The **TurnKey FCS** is designed to exert a force that keeps the fractured middle joint of your finger properly aligned relative to the proximal phalanx while it heals. With the joint reduced, you should be able to move your finger through a reasonable arc of motion.



The force created by the **TurnKey FCS** that holds your joint in the correct position is generated by Elastic Bands. For the **TurnKey FCS** to keep your joint and fracture reduced, **the Elastic Bands must be installed**. Keep extra Elastic Bands with you at all times.

The Elastic Bands should be changed every day. It is advisable to have someone help you with changing the bands. Take a new band out of the vial and stretch it out a few times. Put the stretched band onto the Pin Cap and the Wire Hanger Loop before removing the old one so the fracture alignment forces are not lost. The Wire Hanger Loops need to be kept level during band changes. Repeat the band change on the opposite side of the finger. Stretching the band before band changes will make it easier to install and helps ensure that the difference in tension from the old band to the new one is not too large.

The **TurnKey FCS** is not damaged by water. Ask your surgeon for guidance on hand washing and showering. Pin care is important in preventing pin tract infections. Ask your surgeon how to care for the pin tracts. Petroleum based ointment will degrade the Elastic Bands if it comes in contact with them.

### Exercises

**Active finger exercises are crucial to obtaining a good result. Review these exercises with your surgeon or hand therapist prior to starting them.**

The following ACTIVE exercises should be performed 4-6 times per day. (Active exercises are performed using your own muscles to move the finger--do not use your opposite hand to force the motion.) Ask your surgeon or therapist to observe you performing these exercises to ensure you are doing them correctly or if there are different exercises they would prescribe for you.

1. Hold the proximal phalanx of the involved finger in extension (straight) with your opposite hand and actively bend your finger to the maximum range of motion. Hold flexed for five seconds, then straighten and repeat ten times.
2. Hold the proximal phalanx of the involved finger bent in relation to your palm and actively straighten your finger to the maximum range of motion. Hold straight for five seconds, then relax and repeat ten times.
3. With all the fingers flexing together, **gently** make a fist to your maximum range of motion. Hold for five seconds, then open the hand maximally, hold for five seconds. Alternate between the fully flexed and fully straight positions ten times.
4. You may use your hand for light activities of daily living (eating, hygiene, dressing, etc.)
5. Keep your hand elevated above your heart to reduce swelling.

**If the exercises cause excessive swelling and/or pain, call your doctor or therapist. You may need follow up x-rays to ensure that your joint reduction is maintained.**

Please do not hesitate to contact us if you need more Elastic Bands.  
Customer Service: (800) 522-5778      [www.handbiolab.com](http://www.handbiolab.com)