

## Controlling MP Hyperextension

Some patients with PIP flexion contractures may also hyperextend at the knuckle (MP) joint. When the MP joint goes backwards (Fig. 11), some of the extension force at the PIP joint is lost. To control MP hyperextension, an MP Flexion Strap is included. Use this strap only on the direction of your surgeon or hand therapist.

If directed to use the MP Flexion Strap, place the fuzzy side over the top of the involved finger as shown in Figs.12 and 13. Bend the MP joint as you securely attach the hook and loop straps to the palm side of the Cuff.

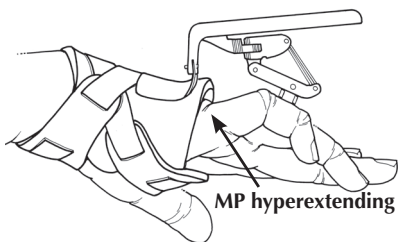


Fig. 11

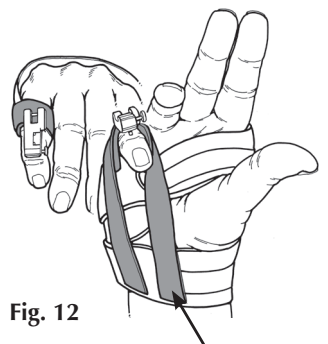


Fig. 12

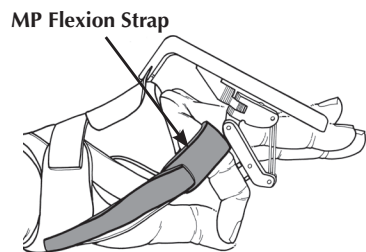


Fig. 13

## Maintenance

1. Replace the Elastic Band(s) daily. Always follow your surgeon or therapist's instructions regarding the number and color of bands to use and the time worn each day. You may find that using the included Band Applicator Tool makes it easier to change the bands.



2. Follow the advice of your surgeon to care for the pin sites.
3. Your surgeon can order replacement Cuffs from Hand Biomechanics Lab.
4. The sliding action of the Connector Assembly may become compromised due to exposure to foreign substances during the course of daily activity. If you experience problems, you may need to disconnect the Connector Assembly as described in the "Removal for Hand Washing" instructions and wash it in warm soapy water. Rinse thoroughly, air dry, and reassemble the device. After washing, the Connector Assembly should slide freely on the rod. Do NOT apply oil to the rod inside the Connector Assembly.
5. Do not hesitate to call us if you need more Elastic Bands.

# Digit Widget™

External Fixation System

## Patient Information

### Attention Surgeon:

Please give this information to your patient.

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



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## Digit Widget™ Patient Information

### Introduction

The Digit Widget uses the force of Elastic Bands to help straighten a stiff, bent finger joint. It is important the device is adjusted and maintained according to your surgeon's recommendations. This information card will give you a brief overview of how this can be accomplished.

Your surgeon will determine the number and strength of Elastic Bands that are appropriate in your situation. In general, the reversal of a stiff, bent joint can take a significant amount of time. The goal is to apply enough force to encourage the finger tissues to gradually lengthen, allowing the finger to straighten. This force should not be so high as to cause undue discomfort, swelling or stiffness. Alert your surgeon or therapist if you are experiencing these symptoms.

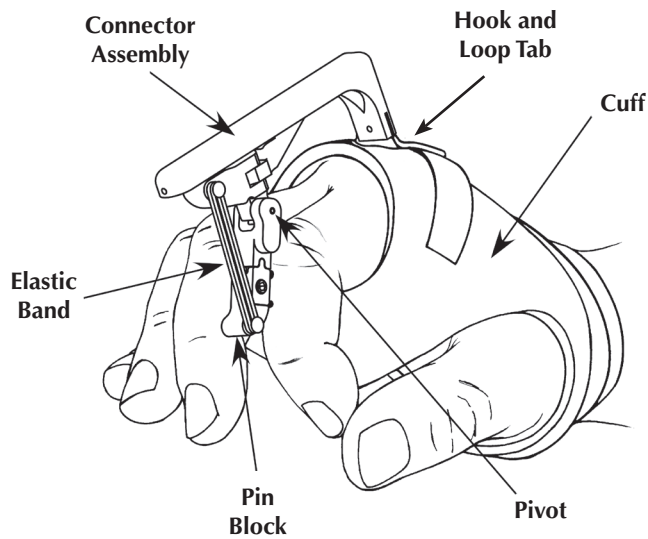


Fig. 1

### Removal for Hand Washing

Consult your surgeon/therapist to see if it is appropriate for you to remove the device for hand washing.

1. Remove the Elastic Band(s). Note the quantity and color for replacement.
2. Pull the Hook and Loop Tab off the Cuff on the back of your hand.
3. Rotate the Connector Assembly by lifting the wrist end up away from the hand until it snaps off the Pin Block at the Pivot. Support the Pin Block to prevent the unsnapping force from being felt at the bone pins (Fig. 2).
4. Remove the Cuff.

**An alternative method using only one hand:** Leaving the Hook and Loop Tab in place, take a coin and insert it in the space between the Pin Block and Connector Assembly from the side as shown (Fig. 3). Turn the coin as you would rotate a key to force the two parts apart. The coin technique will only work on the side of the Pin Block that has the printed words "Digit Widget." Proceed with steps 2 and 4.

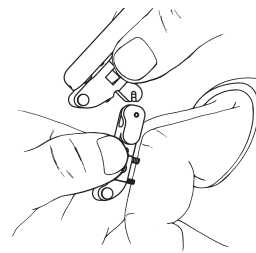
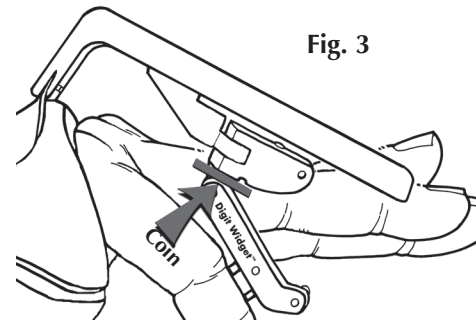


Fig. 2



From the side, insert a coin between the Pin Block and the Connector Assembly then twist.

Fig. 3

### Reinstallation

1. Position the unwrapped Cuff on the hand as shown (Fig. 4) with the smoother side against the skin. Wrap the finger strap across the palm and attach **near the wrist**. Position the Cuff's forward edge **parallel** to the base of the fingers (Fig. 5).



Fig. 4

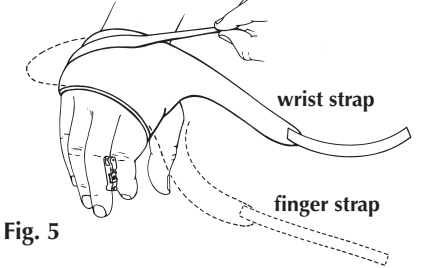


Fig. 5

2. Wrap the wrist strap across the palm and attach starting near the base of the small finger and continuing toward space between thumb and finger (Fig. 6). Properly secured straps should form an X or V pattern when viewed from the back of the hand (Fig. 7). Snug the Cuff enough to prevent movement on the hand but not so tight as to cause discomfort or finger swelling.

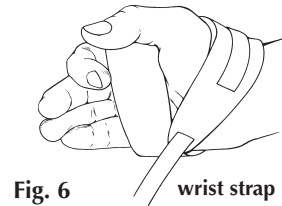


Fig. 6

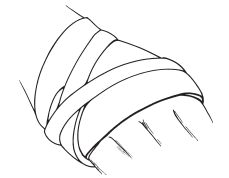


Fig. 7

3. While supporting the Pin Block, snap the Connector Assembly onto the Pivot (Fig. 8).
4. Reattach the Hook and Loop Tab to the Cuff directly over the involved finger (Fig. 9).
5. Attach new Elastic Band(s) of the same color and quantity you removed (Fig. 10).

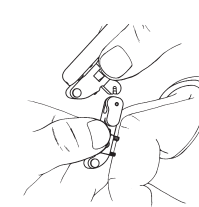


Fig. 8



Fig. 9

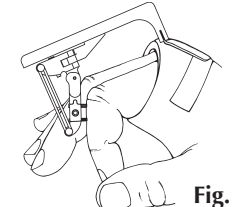


Fig. 10