

DynaPro® Flex Wrist/Hand/Finger Orthosis (WHFO)

The DynaPro® Flex Wrist/Hand/Finger Orthosis (WHFO) is a static/dynamic device clinically indicated for providing Low Load Prolonged Stretch to the wrist/hand/fingers. The DynaPro Flex WHFO provides a negative spring force which is ideal for patients with abnormal tone and spasticity. The DynaPro Flex WHFO will easily flex with abnormal muscle contractions to accommodate involuntary muscle shortening during a spastic episode. The DynaPro Flex WHFO has a thermoplastic flexible insert that is heat molded approximately 15 degrees “ahead” of the resting position of the wrist. When applied, the insert will “flex” into the shortened tissue to reverse lost range of motion. The DynaPro Flex WHFO is covered with a removable laminated foam/cloth cover that can be laundered as necessary

When used properly, the DynaPro Flex WHFO can provide excellent rehabilitative therapy for reversing contractures and providing abnormal reflex arc therapy to reduce spasticity over time.

Therapeutic Actions

The DynaPro Flex WHFO is a static/dynamic orthosis that can be heat molded to “flex” into the wrist when applied. The DynaPro Flex WHFO has two incrementally larger palmar rolls that are used to place the finger in optimal extension. By heat molding the insert at the wrist 15 degrees ahead of comfortable end range, when applied, the device will flex into the wrist/hand/fingers applying a therapeutic stretch on the wrist and fingers. Repeated modification approximately once every 4 to 6 weeks to accommodate range of motion improvement is necessary to continue therapeutic stretching of the contracted tissue.

Contraindications

The DynaPro Flex WHFO should not be applied if any part of the device comes in contact with an open wound. The DynaPro Flex WHFO should not be used if the wrist/hand/fingers have grade three plus edema.

Warnings

The DynaPro Flex WHFO should be fit by trained personnel to ensure that the device is correctly applied and does not apply unwanted pressure to any part of the wrist/hand/fingers, including the thumb.

All orthotic braces require a break in period. It is recommended that the device be initially worn for 1 hour. Up to one half an hour of wear a day can be added daily until the desired wearing schedule has been achieved. Wearing time should be determined by a physician or treating therapist.

The DynaPro Flex WHFO should be removed for a minimum of two hours after six hours of wear.

After the DynaPro Flex WHFO is removed, the skin should be inspected for redness or signs of unwanted pressure. All redness or skin indentations should be absent within an hour after device removal.

Never apply a DynaPro Flex WHFO if there are red areas on the wrist/hand/fingers that may indicate unwanted pressure has been applied by the device. Resume wear after the redness has disappeared. If redness persists, the device should be inspected by a licensed clinician and modified to eliminate any potential pressure points.

The DynaPro® Flex WHFO is intended to be for Single Patient Use Only