



Protocol: Suggested Wearing Schedule

WHFO: REST, GRIP, DORSAL

Always follow Wearing schedule per therapy or physicians order.

A frequently followed schedule:

- Begin with 1 hour on
- Remove and assess
- Reapply if no redness, edema or pain is noted
- Increase wearing time by 30 – 60 minutes (on / off as tolerated until maximum time reached)
- Remove at least once per shift for assessment

LAUNDRY INSTRUCTIONS

NOTE: Each product includes a FREE extra liner and Finger Separators

LINER:

- Separate liner Flex-E-Core Frame
- Fasten all hook and loop Velcro closures
- Place in mesh laundry bag
- Machine wash warm – NO BLEACH
- Rinse thoroughly
- Tumble dry on warm setting or drip dry

Flex-E-Core Frame:

- Clean with a mild detergent and rinse thoroughly
- Hand Dry with soft cloth before reuse

NURSING CARE PLAN

WHFO: REST, GRIP, DORSAL Hand Splints

Patient :
Room # :
Date:

DIAGNOSIS

Non-Fixed Contracture
Severe Contractures or Finger Clench: GRIP
Mild to Moderate Contracture: REST-DORSAL
Thumb Adduction
Other _____

NURSING INTERVENTION

1. Range of motion or LIMIT per facility protocol / physician's order.
2. Apply Splint to affected extremity Left Right
3. Follow fitting instructions. Assure proper application.
4. Document fitting and patient response and progress.
5. Check patient at least once every shift.
6. Establish wearing schedule and rehab.

WEARING SCHEDULE

Hour(s) on _____ Hours(s) off _____

EXPECTED OUTCOME

1. Increase ROM (Range of Motion).
2. Treat/correct contracture.
3. Maintain skin integrity.
4. Increase patient comfort.