



HAND TO
SHOULDER
SPECIALISTS
OF WISCONSIN

ORTHOSIS CARE

CARE

- *Your orthosis is made of a low- temperature plastic material. It will melt in hot water or if left near any heat source. (i.e. in the car on a warm day, near a heat vent, in any direct sunlight, etc.)
- *To clean your orthosis, wipe it down with rubbing alcohol or you may clean the outside with cool, soapy water.
- *You will be provided with 3 stockinette liners for use under the orthosis. To clean them, wash in warm, soapy water and air dry. Additional stockinette is available in the therapy department. A small fee may apply.

ADJUSTMENTS

If you have any areas of pressure or irritation from the orthosis, you may be able to slightly tighten or loosen your orthosis by pinching it together or pulling it apart. If this does not solve the issue, please call the therapy department to make an appointment for an adjustment. If you show up to the office without an appointment, it may be difficult to accommodate you. Please call one of the facilities listed below for an appointment.

MAYFAIR #(414) 453-7418 Ext #2133
GLENDALE #(414) 453-7418 Ext #2230
AIRPORT #(414) 453-7418 Ext #2410

Be sure to move joints not included in the orthosis or they can get stiff. This includes your shoulder: raise your arm overhead, reach across your body, and behind your low back.

ORTHOSIS WEARING SCHEDULE: (the checked boxes apply)

- ☐ Wear your orthosis at all times
- ☐ You may remove your orthosis to shower/wash your hands
- ☐ You may remove your orthosis for exercise
- ☐ Wear your orthosis as needed (heavier use of hand or with activity)
- ☐ Wear your orthosis while sleeping
- ☐ OTHER _____

*****Please take care of your orthosis. Generally, insurance companies do not cover a replacement, and the cost ranges between \$100-200. Orthoses are non-refundable.

MEDICARE ONLY

ORTHOSIS ISSUED: _____

Signature: _____ Date: _____

Print: _____ Medical Record #: _____

GLENDALE • MAYFAIR • BROOKFIELD • CEDARBURG • AIRPORT

Phone (414) 453-7418 • Fax (414) 967-1151 • www.hsswi.com