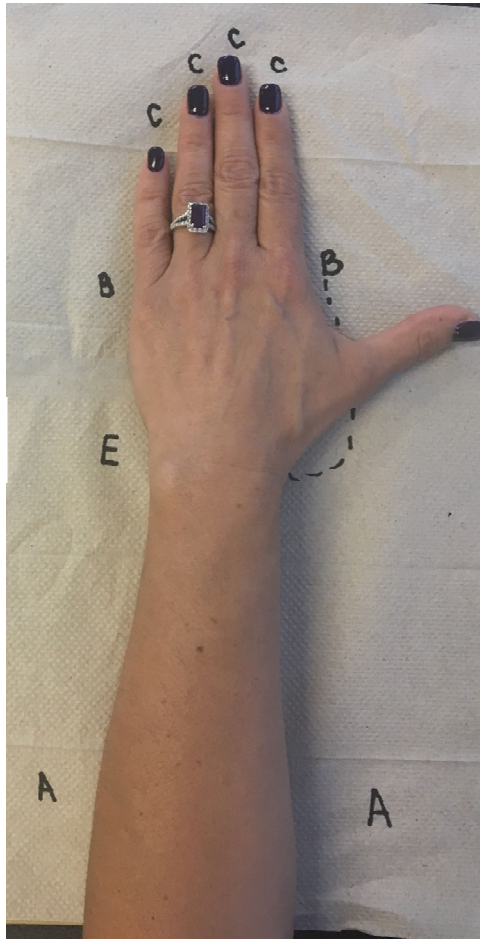
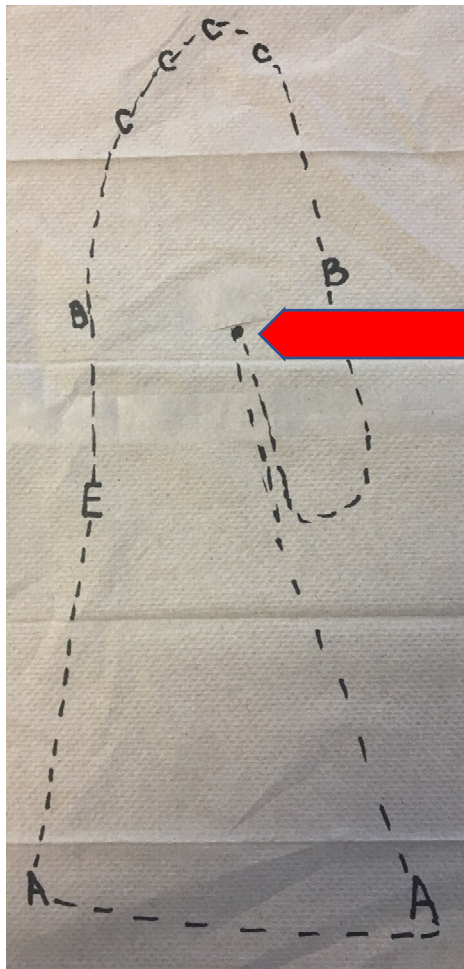


Splinting pre-class homework # 2

1. Trace your non-dominant hand for a resting hand/intrinsic plus orthotic pattern- place your hand flat on a paper towel
 - A. Place marks for the proximal border 2/3 length of the forearm on both sides about 2 inches from the forearm
 - B. Place marks for the width of the hand at the index finger and small finger (MCP) metacarpal phalangeal joints, adding about $\frac{1}{4}$ to $\frac{1}{2}$ " to each side
 - C. Place a mark approximately 1" distal to the fingertips
 - D. Thumb piece: on the mark for the index finger MCP joint draw a line straight down thru the thumb MCP and proximal to about the radial styloid. NOTE: the thumb piece will loop around under the hand allowing the thumb to sit in palmar abduction. The curved part should end at the mid-thenar mass in line with the 3rd metacarpal
 - E. Place one more mark outside the ulnar styloid about 1 inch



- F. Connect all marks to form the pattern



Base of the 3rd
Metacarpal

G. Cut it out and place it on your hand.



H. Place arrows in areas you wish to make longer

I. Cut the places that are too large or are impeding motion