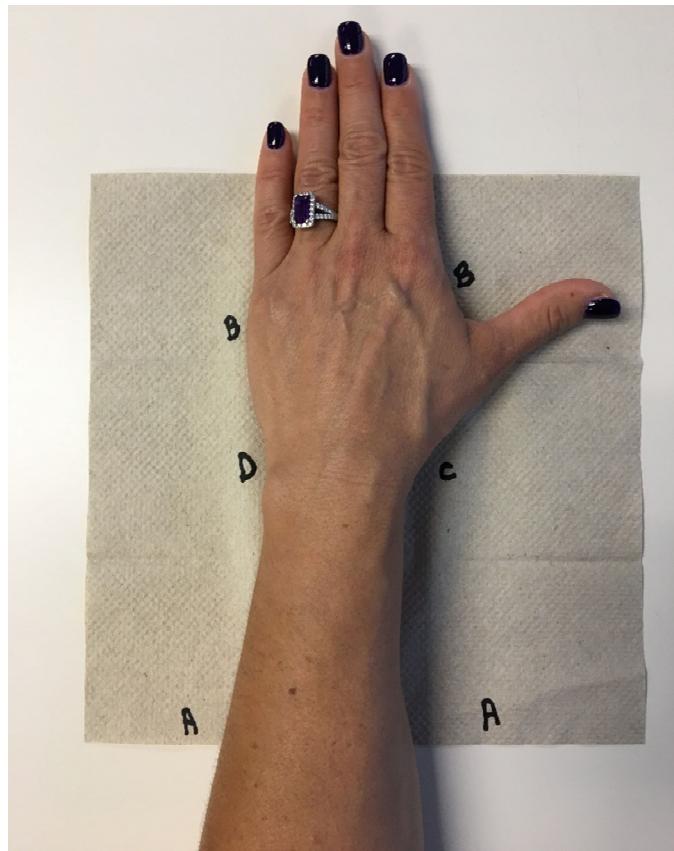
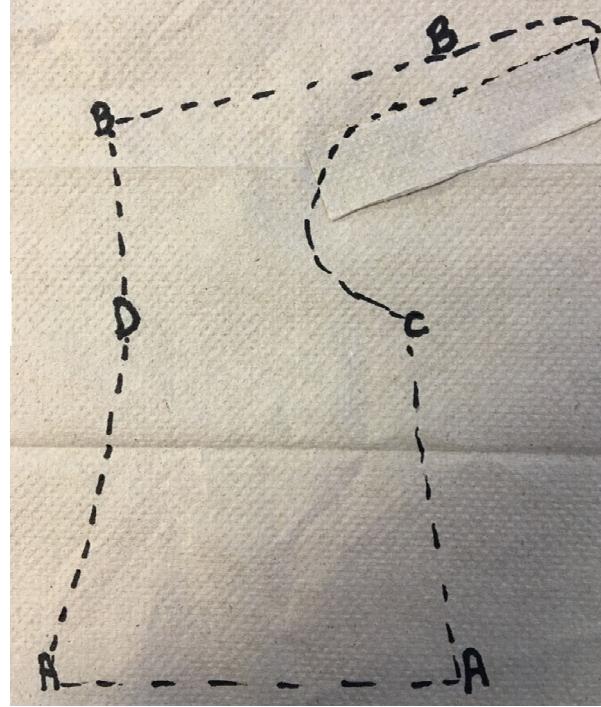


Splinting pre-class homework # 1

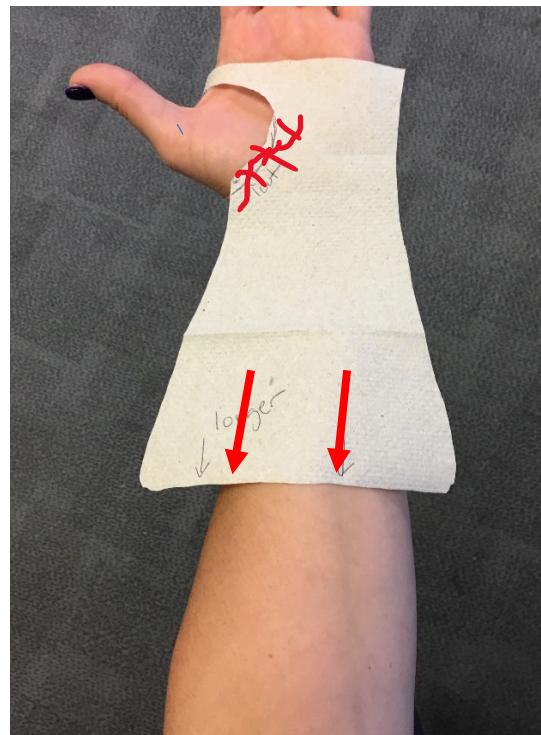
1. Trace your non-dominant hand for a **wrist cock-up orthotic pattern**- place it flat on a paper towel
 - A. Place marks for the proximal border 2/3 length of the forearm on both sides about 2 inches from the forearm
 - B. Place marks for the distal border just proximal to the index finger metacarpal phalangeal joint as well as the small finger metacarpal phalangeal joint
 - C. Place a mark at the base of the thumb CMC joint, this will allow for thumb motion
 - D. Place one more mark outside the ulnar styloid about 1 inch



- E. Allow enough material along the forearms to come up to 2/3 circumference- remember, the forearm tapers distally
- F. The distal radial tab should be long enough (about 3 inches) to transverse through the palm
- G. Remove your arm and connect the lines to form a basic pattern



- H. Cut it out and place it on your hand.
- I. Place arrows in areas you wish to make longer



- J. Cut the places that are too large or are impeding motion of your thumb and fingers.