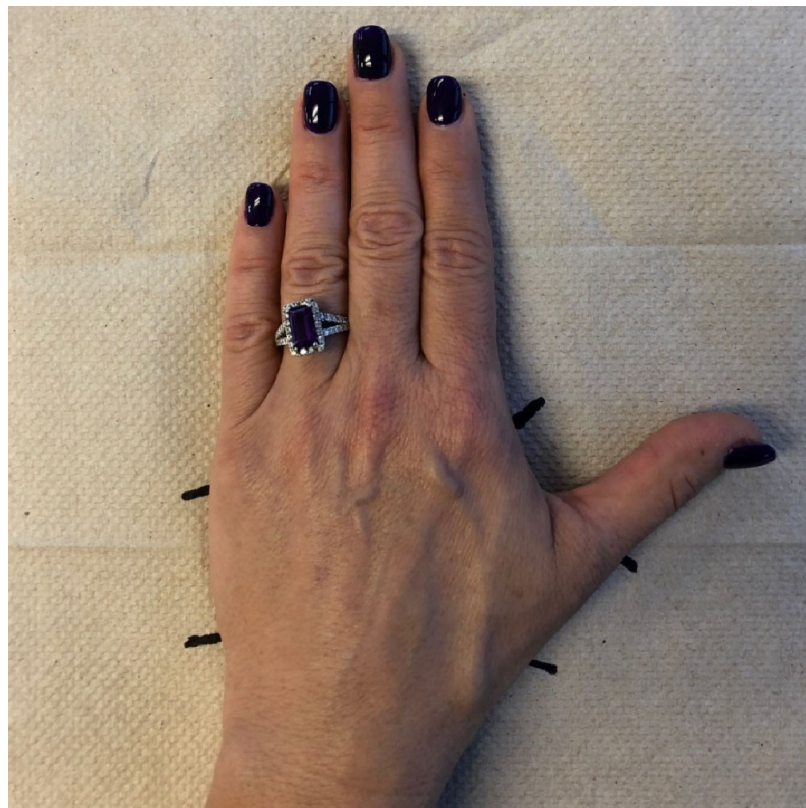
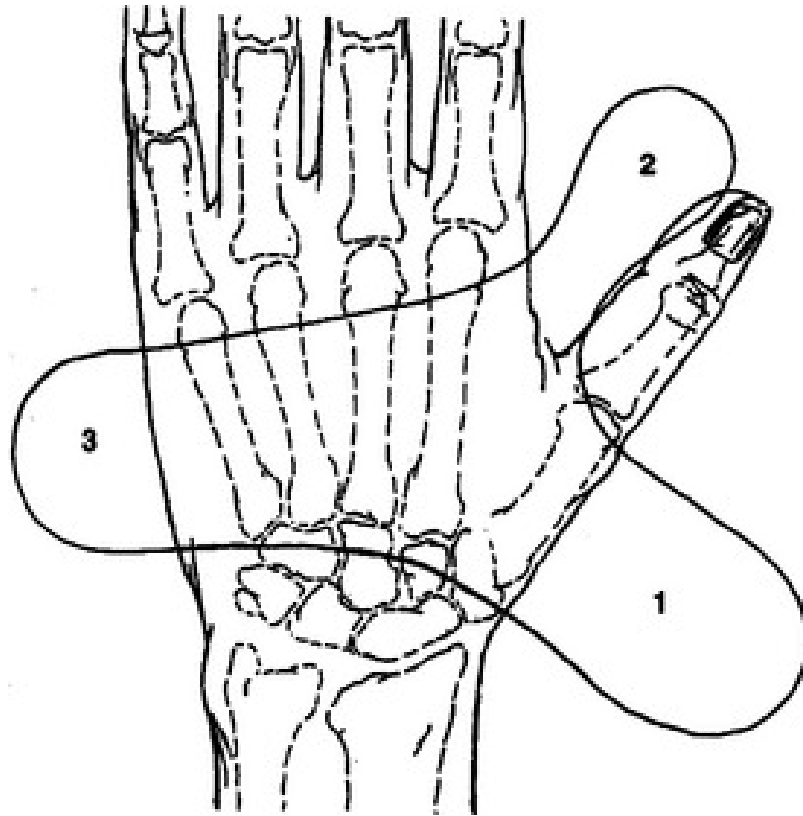


Splinting pre-class homework # 3

1. Trace your non-dominant hand for a short thumb opponens - place your hand flat on a paper towel
 - A. Place marks for the proximal border near the thumb CMC and just proximal to the ulnar styloid on the small finger side
 - B. Place marks for the distal border proximal to the MP joints of the small finger and index finger
 - C. Place one mark at the MP joint of the thumb on the radial side



- D. Connect the lines by following this outline



E. Cut out the pattern



F. Put it on your hand



- G. Make sure the pattern will clear the distal palmar crease allowing for full finger flexion. Your pattern should also clear the distal wrist crease to allow unrestricted wrist motions. You can limit thumb flexion to just the IP, or the MP based on your patients presentation. Just make sure they can oppose the index and middle fingers
- H. Place X's where you need to cut and lines where you need to make it longer