

## S.O.T Resting Splint

Smart Orthotic Treatment to improve function, compliance, and comfort

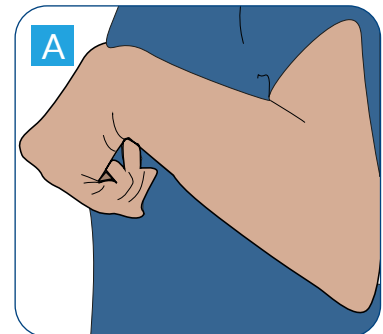
- Innovative resting hand splint
- No bulky straps, easy to don and doff
- Available in paediatric sizes



# Maintain or increase the mobility of the hand

## Background

Many patients who have experienced a stroke, overtime may get a variety of complications, such as spasticity, paralysis, pain, loss of sensation, decreased proprioception and oedema of the hand and arm. These complications can cause a reduction of mobility in the hand and eventually contractures may develop (A). Therefore, it is important to start with orthotic treatment, along with hand therapy at an early stage, before spasticity is established, and contractures occur.



## Intended use

S.O.T is a resting splint designed for patients with spasticity or paresis of the hand and arm when the objective is to maintain or increase the mobility of the upper limb. The S.O.T is smooth, light weight and has an aluminium core that allows adjustment to the desired position. The aluminium core is embedded into polyethylene foam and covered with fabric.

The brace is delivered in a resting position, this position offers relaxation to the hand and may also give pain relief to the patient, it also provides a good biomechanical position that may reduce the risk of flexor shortening at the wrist and fingers.

Patients suffering with rheumatoid pain may benefit from S.O.T, as it prevents the hand from falling into unfavourable painful positions. The orthosis can be adjusted into an alternative resting position.

Art. No. 28710-28714

S.O.T Resting Splint is available for children and adults. Scan or click for sizes and measurements!

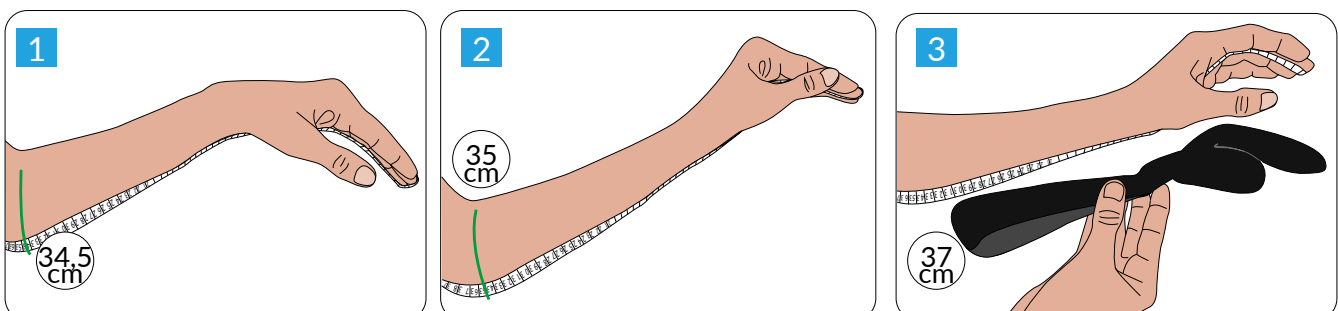


---

## Maintained or increased elongation of long flexors - at contractures and deformities

When the objective is to maintain or extend the long flexors it is important to consider how the position of the wrist and fingers affects the stretch of the flexors.

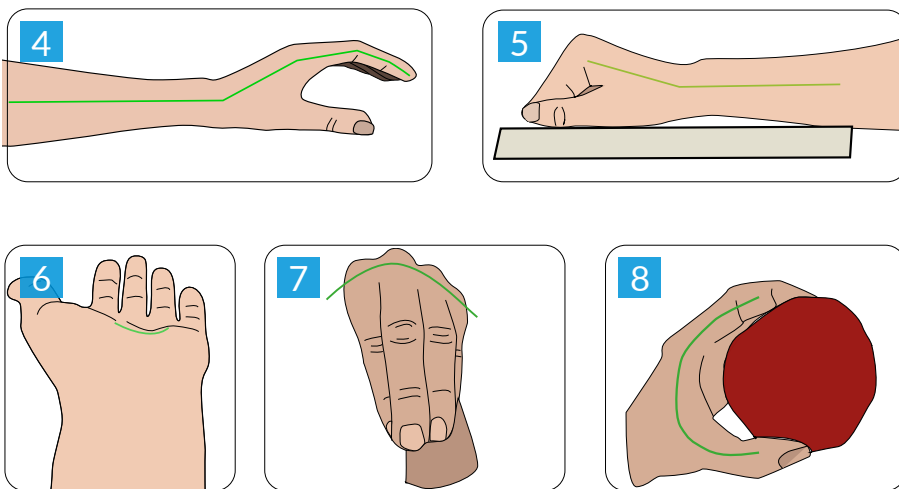
This is illustrated when the wrist, MCP joints and IP joints are extended gradually. The measuring tape symbolises how the flexors extend (Figure 1-3).



## Resting position - support for the MCP- and CMC joints in the thumb

S.O.T Resting splint is supplied in a resting position. Figure 4 and 5 are a guide of how the wrist (4) and the fingers (5) generally should be positioned. An individual assessment of the patient should always be done before fitting. S.O.T Resting splint supports the arches of the hand (picture 6 -8) and the position of the thumb.

The orthosis anatomic configuration supports the important thenar muscles, and the CMC and MCP joint. This is particularly important for the intended patient groups as the thumb tends to adduct at the CMC joint and hyperextend at the MCP joint. S.O.T Resting splint encourages promotion of an effective grip ( Figure 8).



## Prevents or reduces the risk of oedema

Instead of conventional straps over the fingers, hand and arm (that can cause oedema) the S.O.T Resting Splint has a soft elasticated cover, which keeps the hand and arm in place. The pressure-distribution cover, in combination with an optimal position of the wrist and hand reduces the risk of oedema as it facilitates venous return. The material's smooth outer surface, and it's low profile allow the orthosis to fit under clothing (figure 9). To provide firmer pressure over the wrist (for spasticity), the cover can be supplemented with the non-elastic wrist strap (figure 10).

## Better position of the fingers

S.O.T finger divider prevents skin irritations between the fingers. It also prevents ulnar/radial deviation at the fingers and contributes to a better position (Figure 11).



*Using the S.O.T wedges, the degree of stretch is changed during treatment to achieve gradual change.*

## Support for Better Life

Everyone should be able to live their life to the fullest, regardless of their mobility challenges. With innovative solutions developed in close collaboration with healthcare professionals and patients, we strive to provide Support for Better Life.

# allard

Allard International

Karbingatan 38, 254 67 Helsingborg, Sweden | +46 42 25 27 00 | [info@allardint.com](mailto:info@allardint.com) | [allardint.com](http://allardint.com)