Adjustment Instructions

To tighten the fit of your splint, spread the top and bottom rings further apart; to loosen push them closer together. The top and bottom rings can also be opened/closed slightly, allowing you to customize the fit to your finger and/or to make adjustments as necessary if your hands tend to swell or shrink with the weather (mine sure do!) Your splint should fit tight enough to provide support, but not so tight that it is impeding circulation, and not so loose that the splint slips out of place or you have to worry about it sliding off your finger. This method of adjustment applies to all types of swan neck, mallet finger, boutonniere, and lateral or double lateral support splints.

For splints with lateral support on both sides, grip the supports and gently pull the top or bottom ring up to spread the rings further apart or push down to make them closer together.

Dual splints may take a bit more adjustment to get the fit precise as you will need to take into account the overall length of the finger as well, but the directions would be the same as the standard swan neck- pushing the rings closer together will shorten the splint, pulling them further apart will lengthen it.

For thumb IP/MCP combination splints the IP portion can be adjusted in the same manner as the swan necks, though it is best not to change the size of the lower ring. The IP portion can also be brought tighter to the finger by angling the lower ring closer to the connector bar, and can also be lifted up away from it to bring the IP portion further away which will reduce thumb motion in the splint. The splint should comfortably provide support and keep both the IP and MCP joints from hyperextending but should not limit any normal flexion (bending) of either joint.

For thumb MCP/CMC combo splints the CMC part of the splint can also be adjusted to precisely fit your wrist. You can gently squeeze the bottom part of the splint to fit your wrist more snugly or flatten it out some if it needs to be loosened. You can also make slight adjustments to the length- if you squeeze the top of the hinged CMC portion closer together where it joins with the MCP part of the splint it will make it a bit longer. To shorten you would want to push them further apart.

For swirl splints, changing the distance of the rings will also change the angle of the swirl, which can cause it to dig into your finger or stick out and risk snagging. To correct this, firmly grip the splint next to the swirl where the wire is doubled and gently lift up or pull down on the swirl to bring it level with the rest of the splint again. If you look at your splint from the side, the swirl and top and bottom rings should be in a straight line in relation to each other.

Triggering Splints- The angle of the top or bottom supports can be changed to allow for the most comfortable fit., but the size is not adjustable.

Hypermobility EDS MCP Splints- This splint should be worn with the smaller tab on the palm and the larger one on the back of the hand, over the knuckle. The angle of either tab can be adjusted closer together or further apart for the most comfortable fit, the ring size is not adjustable.

Buddy splints are generally not adjustable, however with the wide band styles you can open the rings a bit to adjust them larger. If you find that the offset for the pinky isn’t quite where it needs to be you can angle the pinky ring down to bring it lower or up to bring it higher. If you have a side guard added to your buddy splint the support can be angled inward closer to your hand or outward away from your hand if needed.

If you need any further help or have any questions, please don’t hesitate to message me and I’ll be more than happy to assist you!

Thanks Much,Corrin