

Applying the 3pp® Carpal Lift™ Brace



Slide thumb into thumb hole



Bring the top flap over the back of the hand



Hold the flap, pull the hook strip over the back and fasten it for snug fit



Press your palm down on the table, pull the strap up and across and fasten the tab



Maintain pressure on palm, pull the second strap up and across and fasten the tab



If needed, cut small slits to open the thumb hole to help position the pad

Carpal Lift FAQ's

How is this different from a TFCC wrist strap?

The Carpal Lift stabilizes the mid and ulnar carpal bones by applying a dorsal force on the ulnar side of the hand. This action will depress the ulnar head but it will not tether the distal ends of the radius and ulna as a strap will. Trying both a Carpal Lift and a wrist strap may help determine which force application has the best results.

Will this relieve pressure on the pisiform?

Yes, the pad will cushion the pisiform and may reduce pressure in Guyon's canal to relieve symptoms of ulnar compression. It is important to have a proper diagnosis and be certain pressure is not due to a cyst or tethering of the nerve.

Will this help with a VISI deformity even though it does not cross the wrist?

The dynamic force applied by the pad and straps will lessen the hyperflexed lunate and hold the position to reduce the pain and prominence of the ulnar head. If the VISI positioning is severe or of long standing origin, the Carpal Lift will help but may not fully correct the volar position of the lunate.

How should the Carpal Lift be applied to get the best support?

Once the brace is secured on the hand, have the wearer press down firmly on a flat surface while keeping the wrist in neutral as the straps are pulled up and across the back of the hand. Pull the distal strap into place and then the proximal strap.

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