

Applying the 3pp Step Down Splint



Position on the finger as shown.



Add a 2nd pad as needed to increase DIP flexion.



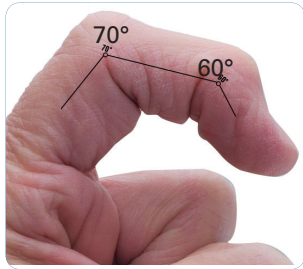
Strap slides over the top wire and through the volar wire.



Apply tension to tolerance and fasten on the hook closure.



Progressively adjust the strap to increase flexion. Final ROM will be affected by condition and finger size.



Approximately 70-75° of PIP flexion and 60-65° of DIP flexion is possible depending on finger condition.



A static progressive 3pp Final Flexion Wrap is recommended to achieve final degrees of PIP and DIP flexion.

Final Flexion Wrap sold separately.

Suggested wearing schedule

The 3pp Step Down Splint is a static progressive orthosis and is designed for the wearer to adjust the tension to tolerance.

The recommended wearing schedule is 15-20 minutes, 3-4 times a day. The splint can be adjusted throughout the wearing period to hold the joint comfortably at end range.

Step Down FAQ's

Will this splint work on a fixed deformity?

The DIP and PIP joint must demonstrate some passively correctable range of motion with a soft or spongy end feel. This splint is not recommended for joints with a rigid or bony end feel.

Can I use the Step Down Splint on the thumb?

The Step Down Splint is not recommended for use on the thumb.

Can I bend the wire to widen or narrow the splint?

Minor adjustments can be made by carefully contouring the aluminum cuffs to widen or narrow the splint slightly. Due to the steel wire and the design of the frame, it is not recommended that the wires be adjusted.

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