

# CMCcare Thumb Brace Fitting Instructions

## Step 1 Adjusting strap length

The strap fits a range of hand sizes and may be shortened to fit your hand before adjusting the brace. Further adjustments can be made once the brace has been fit.



Open the velcro tab on the end of the strap.



Pull the strap 1 to 2 inches to shorten it and fasten the velcro.



The closure tab should be centered on the back of the hand.

## Step 2 Shaping the brace

Contour the metal stay to shape the brace around the thumb.



Hold brace firmly - press on the end of the stay to curve it inwards.



With the brace on, squeeze the stay to form it around your thumb.



Pinch your index and thumb together. Fit should be snug but not tight.

## Step 3 Trimming the strap

Once the brace has been fit, the strap can be cut if needed so the tab is centered on your hand.



Locate where to cut the strap so the tab will be centered on the hand.



Open the closure tab and remove it from the strap.



Cut the strap and re-apply the tab.

## Step 4 Applying 3pp® Cozy Liner to cushion the thumb



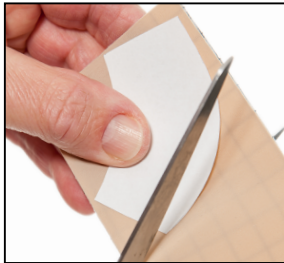
Add the Cozy for extra comfort



Slip the Cozy on with the 3pp label on the back side of the thumb. Apply the brace. The Cozy can be trimmed with a scissors as needed.

## Using Silicone Gel to pad the CMCcare (sold separately)

Use Gel Mate® silicone gel to create a pad for the CMCcare. Gel Mate® is sold separately and includes patterns sized to match the CMCcare.



Choose the pattern that corresponds to the brace size. Cut the pattern, lay it on the gel and cut the gel.



Position the pad in the brace. Do not cover the strap hole. Adjust as needed so the gel does not overlap the edges.



## Using a Heat Gun to adjust the CMCcare

### INSTRUCTIONS FOR HEALTHCARE PROFESSIONALS

This step should be done by a healthcare professional trained in fitting braces



Use a spot heater to heat the edge of the brace until shiny and the material gives when pushed. DO NOT OVERHEAT



Use the back of a spoon to gently roll the heated edge. Allow to cool 30 to 60 seconds.

Care instructions:  
Remove strap from brace and hand wash with mild soap and water. Lay flat to dry. Wash brace with mild soap and water, towel dry. May be machine washed in a delicates bag. Air dry. Do not place in the dryer.



Materials:  
Latex-free thermoplastic polyurethane; aluminum; nylon strap and closure.

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