

Fabric-lined resting splint



Fabric-lined splint uses

- Great for painful, sensitive hands eg.:
 - RA
 - CRPS
 - Paediatric hands
- It is:
 - Comfortable
 - Lightweight

Materials needed

- Orfit Classic 2mm
- Velour Fabric
- Velcro and strapping (Durawrap/Mafra and Microgrip)
- Scissors
- Safety pins
- Heat gun
- Cold water – spray bottle

Make a pattern



Adjust pattern as needed



Trace and cut material



Cut fabric



Dry heat – start in centre



Avoid heating fabric



Edge to edge fold



Fold Edge Over



Fold



Image: Christina Flodmark

Attach safety pins



Mould – water on hand



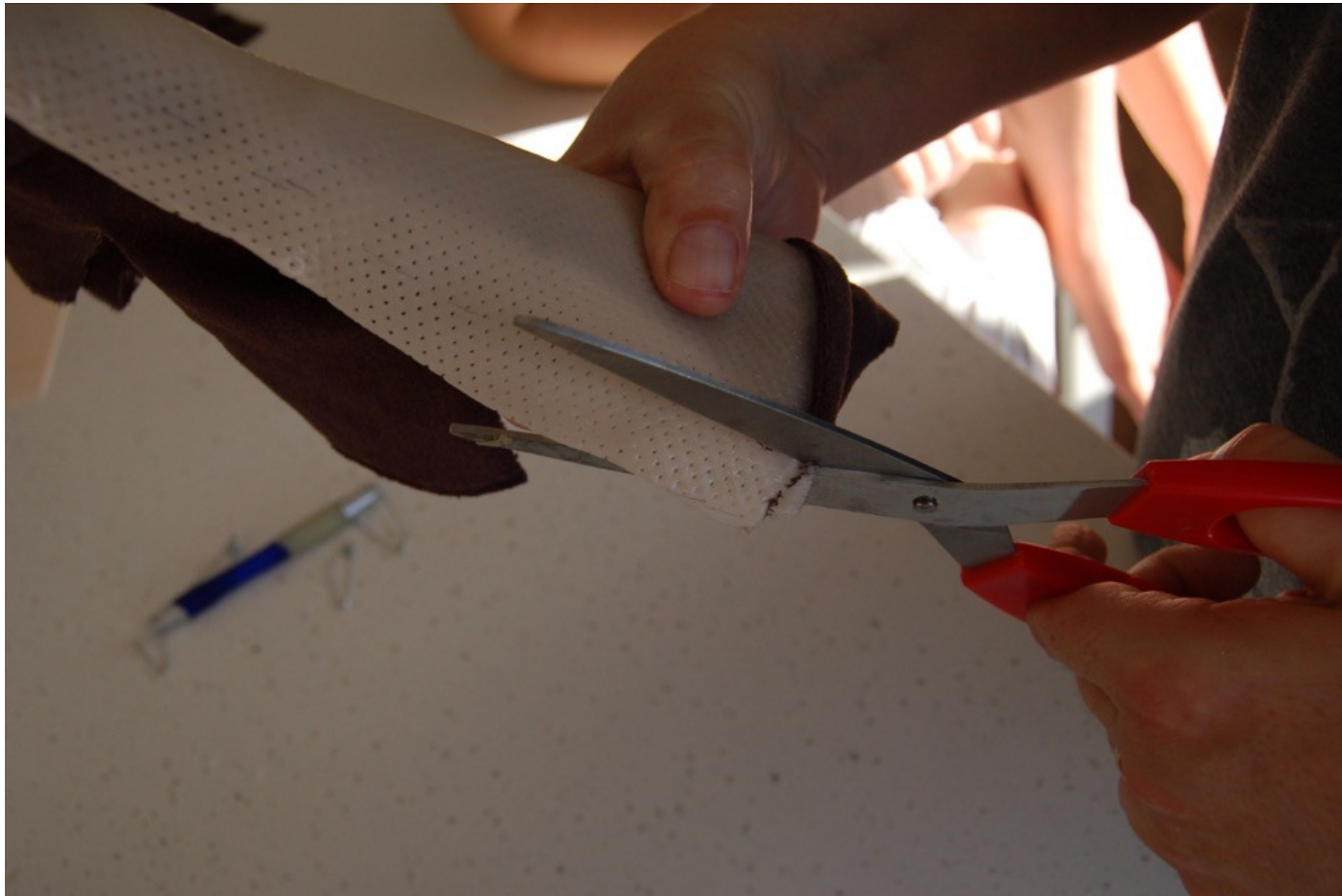
Turn splint



Adjust plastic as needed



Cut down plastic as needed



Cut fabric - 2 cm from edge



Dry Heat Edges - Fold



Edges done



Add Hook Velcro



Cut Out Strapping



Dry Heat Strapping On



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