

OVAL-8® FINGER SPLINT GUIDE

7 Ways for 7 Conditions



7 CONDITIONS



Mallet or Baseball Finger

Swan Neck Deformity

Boutonniere Deformity

Trigger Finger and Trigger Thumb

Hypermobility (EDS)

Crooked Fingers

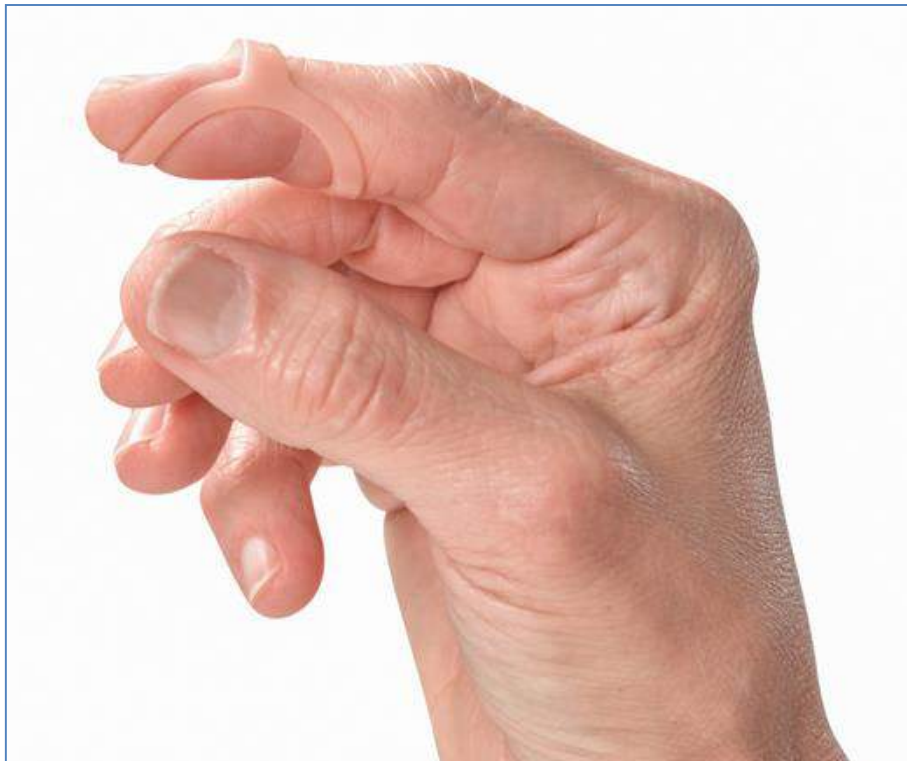
Jammed or Broken Fingers

MALLET OR BASEBALL FINGER

Mallet Finger is a very common injury that can happen when catching a ball, hitting your finger against something hard or catching your finger in a drawer. Also called “baseball finger”, it is when the end of your finger droops in a bent position and won’t straighten by itself. You can push your finger into a straight position but it won’t stay straight without support.

How Do I Wear the Oval-8?

Wear an Oval-8 Finger Splint on the end of your finger to hold it straight while still allowing the middle joint to bend.



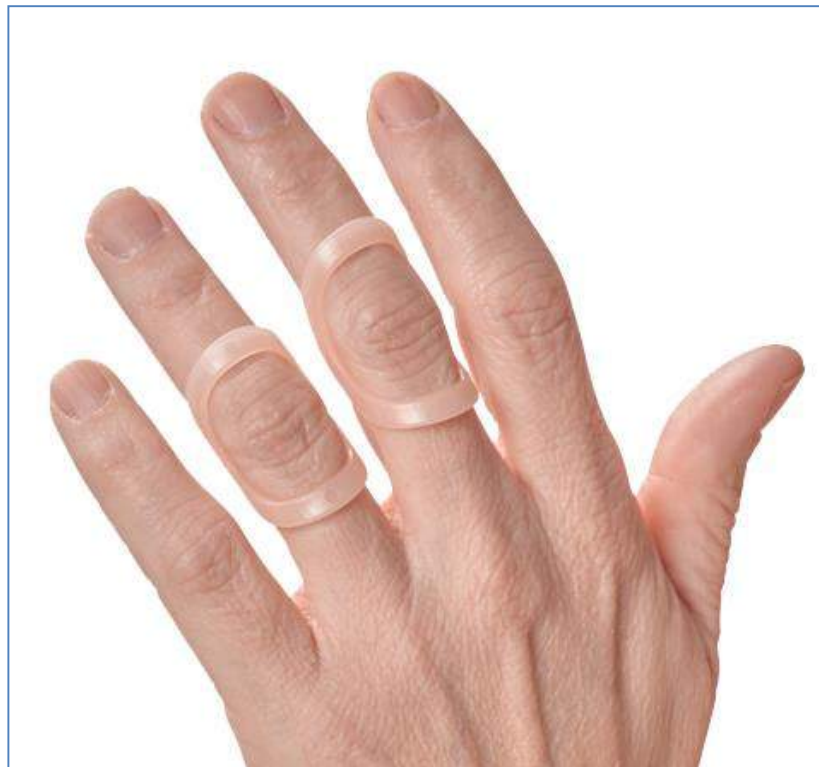
The band is worn on top of the finger joint closest to your fingernail and the oval portion on the palm or inside to hold your finger straight.

SWAN NECK DEFORMITY

The most common causes of a Swan Neck deformity are Rheumatoid Arthritis (RA), a ligament injury or an untreated Mallet or "Baseball" finger. A Swan Neck deformity is a condition where the middle joint of your finger hyperextends or bends backwards and the end joint, near the fingernail, flexes or bends downwards.

How Do I Wear the Oval-8?

Wear an Oval-8 Finger Splint to block the hyperextension at the middle joint of your finger while still allowing your finger to bend for full hand movement.



The splint is worn around your middle knuckle with the oval portion on top to prevent the joint of your finger from bending backwards (hyperextending) and the band on the palm or inside of your finger.

BOUTONNIERE DEFORMITY

The most common cause of Boutonniere Deformity is jamming or crushing your finger. It can also develop as a result of Rheumatoid Arthritis or other inflammatory disorders, and the genetic condition Ehlers Danlos Syndrome (EDS). Boutonniere Deformity describes the way your finger is bent – the middle joint bends down and won't straighten while the fingertip bends back at the end joint.

How Do I Wear the Oval-8?

Wear the Oval-8 on the middle joint of the finger to hold it straight but to still let the top of the finger bend.



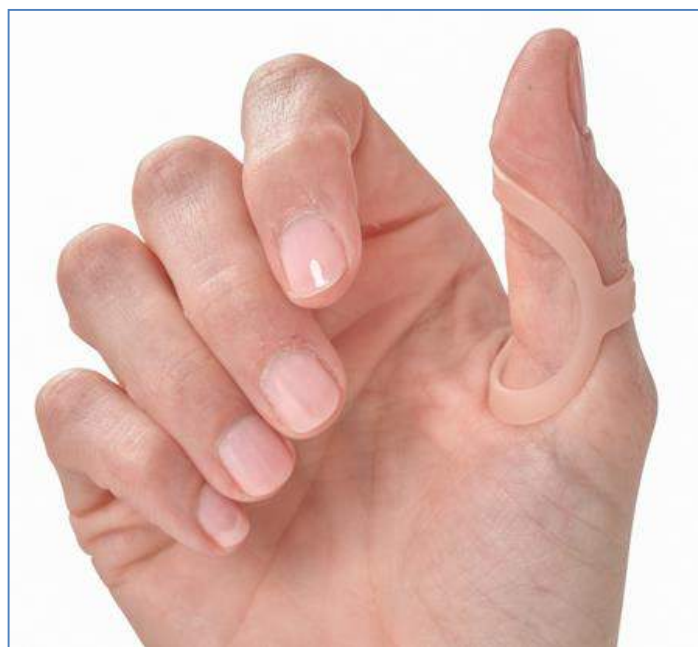
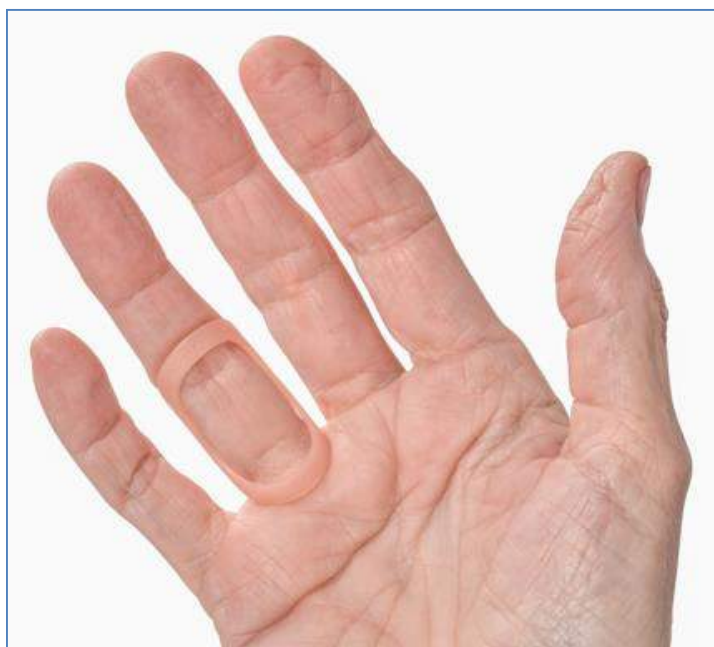
The band is worn on the top of the middle knuckle and the oval on the inside to hold the knuckle straight.

TRIGGER FINGER & TRIGGER THUMB

Trigger Finger/Thumb is a common “overuse” condition that affects the tendons that flex or bend your fingers. If you have trigger finger or thumb, a “popping” can be felt when you bend or straighten them. Your finger/thumb may also stick in a bent position.

How Do I Wear the Oval-8?

Wear on Oval-8 to prevent your finger from bending all the way, but still use your hand. By limiting how far your finger bends, the tendon is less likely to get “caught” and has the chance to rest and heal.



Trigger Finger: The band is worn on the top of the finger and the oval portion on the palm side to limit bending to stop triggering. You may also wear it on the middle joint to fully block bending.

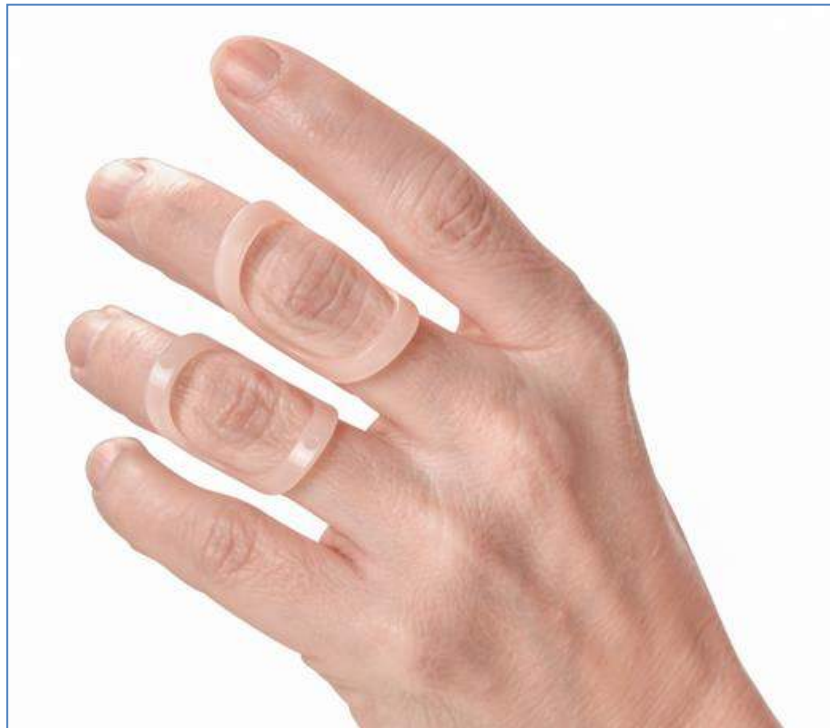
Trigger Thumb: The band is worn on top of the thumb and the oval on the palm side to limit bending to stop triggering. You may also wear it on the joint closest to your thumbnail to fully block bending.

HYPERMOBILITY (EDS)

Hypermobility is a connective tissue disorder in which joints can move/stretch beyond what is considered to be normal. Hypermobility in the fingers can cause joints to be more easily injured and prone to dislocation. For example, some hypermobile people can bend their fingers or thumbs backwards.

How Do I Wear the Oval-8?

Wear an Oval-8 to block the hyperextension at the middle joint of your finger, while still allowing your finger to bend for full hand movement.



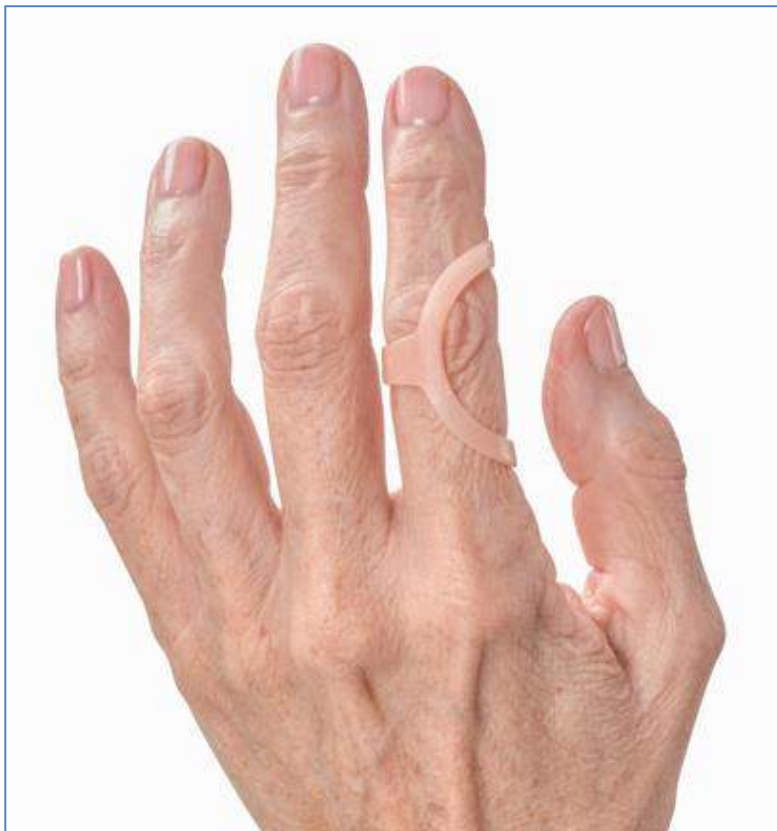
The splint is worn around your middle knuckle with the oval portion on top to prevent the joint of your finger from bending backwards (hyperextending) and the band on the palm or inside of your finger.

CROOKED FINGERS

Osteoarthritis can cause crooked fingers in the small joints of your fingers. Arthritis has the ability to gradually wear away the cartilage associated with finger joints. As the condition continues to erode the cartilage surrounding your fingers, your fingers can appear crooked or pushed sideways.

How Do I Wear the Oval-8?

An Oval-8 worn on the side of joint can help straighten your finger and may prevent further deformity.



The oval portion is worn on the side that your finger is bending towards. The band acts as the counterforce.

JAMMED OR BROKEN FINGERS

A jammed finger describes pain and swelling of the middle joint of the finger and can occur when something hits the top of your finger hard, jamming that knuckle. The most common cause for a broken finger is usually the result of an injury or a fall.

How Do I Wear the Oval-8?

An Oval-8 can immobilize and protect both your jammed or broken finger. Wear 1 or 2 Oval-8 splints. When wearing two Oval-8's, interlock a larger sized splint with a smaller sized splint to immobilize your finger and hold it straight.



The first Oval-8 is worn with the band on top of your middle knuckle and the oval on the inside to hold the knuckle straight. The second, slightly larger Oval-8 is worn over the first with the band underneath your knuckle and the oval on the topside to hold your finger straight.

Other Conditions

In addition to these 7 conditions, the Oval-8 can also be used to treat the symptoms of other problems associated with arthritis, stroke, Cerebral Palsy and other conditions.

When experiencing a flare up of arthritis:

An Oval-8 splint can help rest the joint(s) and reduce the effects of inflammation

If you have Cerebral Palsy or have had a stroke:

Wear an Oval-8 to improve positioning for those with spasticity

It is strongly recommended that you seek the advice of a doctor or therapist before beginning any treatment. Treating your symptoms with the wrong diagnosis can not only delay proper treatment, it may also make your condition worse.

MORE...

Watch our Video: Introduction to Oval-8's



For more information or to purchase Oval-8 Finger Splints, please go to:

