

## Wrist-Hand Orthosis (WHO)

A wrist-hand orthosis (WHO) is a brace worn for several different conditions.

The device is molded and/or modified to fit your wrist and hand.

It may be made from various materials including: canvas, metal, or plastic.

Always follow specific instructions given to you by your doctor and practitioner.

Always follow the specific wearing schedule given to you by your doctor and practitioner.



### What does it do?

Depending on your condition the brace may be designed to:

- Position and/or stabilize your wrist and hand.
- Assist with moving your wrist and hand.
- Restrict movement of a joint from flexing and extending.
- Manage fractures.

### Precautions

Prior to wearing the brace, it is important to check the following things on the brace and your skin.

- If an undersleeve was provided, be sure to wear it. It is to be worn between your skin and the brace.
- Make sure the brace is clean and dry.
- Make sure there are no cracks, rough edges, or worn areas on the brace.
- Make sure your skin is clean and dry.
- Examine your skin and look for abnormal redness, blisters or sores at least 1 time a day.
- If you experience pain, swelling, or sensation changes, check the position of the brace and strap tightness. If problems continue, **contact your practitioner immediately**.
- Clean your device by hand washing with a hypoallergenic soap and water. Allow to air dry.
- **Do not** place the brace in the dryer.

\*\* If you find any areas of concern or have questions, **contact your practitioner before wearing the brace**.

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