



Thumb Spica

- A Thumb Spica is a brace worn to help reduce motion in the Carpal Metacarpal Joint.
- The device is made of plastic that is molded or modified fit to your thumb.
- These braces are usually worn over a cotton liner, but may be worn next to the skin.
- Always follow specific instructions given to you by your doctor and practitioner.



What does it do?

Depending on your condition the brace may be designed to:

- Offer external support to your thumb.
- Reduce motion at the base of your thumb to decrease pain.

Precautions

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

- 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*.
- This device is designed to be worn with a cotton liner, but may be worn next to the skin.
- If wearing a cotton liner, make sure it is wrinkle-free.
- Wash your hand daily.
- Clean your device with a damp cloth or alcohol wipe.

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

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