

About Your New WHO (Wrist Hand Orthosis)

The Orthotic & Prosthetic Centers

Your new wrist hand orthosis is designed to support weak muscles and immobilize or limit the motion of joints.

Follow your health care providers' instructions carefully to use this device safely and effectively; this document is intended to give you general "getting started" instructions concerning proper use and maintenance of your new WHO; your orthotist will deliver specific instructions related to special cases.

Wearing your WHO

Your orthotist may have provided you with a special sock to wear between your skin and the brace. This will protect your skin and absorb perspiration.

- Check your wrist and hand for any red spots when you remove the brace. If the redness does not fade after 20 minutes, call your orthotist.
- Call our office to schedule an appointment if your orthosis needs to be adjusted; such adjustments are not uncommon in the initial stages.

Care of Your WHO

At least once a week, hand-wash your brace's plastic surfaces with mild soap and water. Be sure to rinse all soap off to prevent skin irritation. The canvas portion of your brace will have care instructions on a sewn-in tag.

Potential Risks & Precautions

Check your wrist daily for redness, blisters, soreness, or swelling. Stop using your WHO immediately if you see these symptoms, and call our office.

DO NOT try to adjust, repair, or alter your orthosis in any way. The safety and effectiveness of your orthosis depends upon the careful fitting, design and fabrication by a team of experts. Leave any adjustments to a qualified medical professional.

Follow-up care and emergencies

Follow-up visits with your orthotist are vital for your well-being – don't skip any scheduled appointments. Call our office with any questions or problems. If you are facing a medical emergency, call 911 or your local hospital.

Please contact us if you have any questions.

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