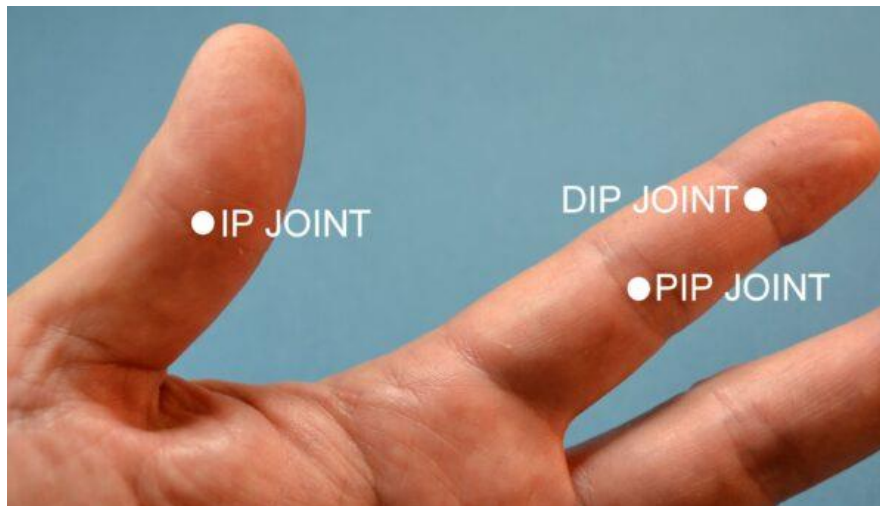


FINGER OR THUMB SPLINT SIZE GUIDE

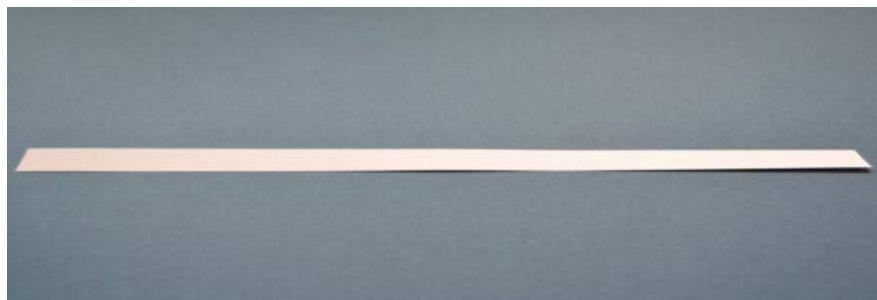
The part of the finger or thumb that you need to measure will depend on the joint area you would like the splint to immobilise and provide support. You will need to accurately measure the circumference of this joint.

To do this you will need to complete 6 easy to follow steps below. You will need a pen, paper, scissors, ruler or measuring device.

1. Identify the joint area that requires immobilisation and support; on the thumb it is the IP joint and, on a finger, it is either the PIP or DIP joint.



2. Cut out a strip of paper similar to the image below and wrap it around the IP, PIP, or DIP joint area that needs to be measured.



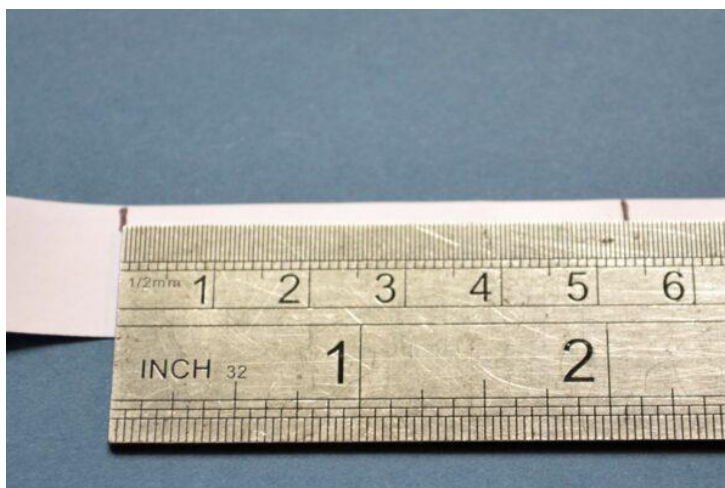
3. Position the strip of paper around the **identified joint** at its widest point until it fits comfortably; making sure that it is not too tight that it would cause further pain or too slack that it feels like it would slip off. For Trigger finger, or other conditions in the middle of the finger, the paper strip needs to be centred on the PIP joint. For Mallet finger, or other distal finger conditions, the paper strip needs to be centred on the DIP joint. For thumb conditions it needs to be positioned on the IP joint.



4. Mark the piece of paper with a pen at the point it makes a complete circumference measurement of your identified joint, so when you unwrap the piece of paper you have two marks.



5. Straighten out the strip of paper that you used to measure your identified joint and use a ruler or measuring device to measure between the **two** marks that you made.



6. Consult the splint size table on the next tab to identify your required splint size by looking for your measurement next to the corresponding splint size. You will then be able to order the required splint in the drop-down menu in the relevant product listing.

SPLINT SIZE MEASUREMENT TABLE		
SPLINT ORDER SIZE	PAPER STRIP CIRCUMFERENCE MEASUREMENT (mm)	PAPER STRIP CIRCUMFERENCE MEASUREMENT (INCHES)
0.5	37.5 mm	1.47"
1	38.8 mm	1.52"
1.5	40.0 mm	1.57"
2	41.8 mm	1.64"
2.5	43.0 mm	1.69"
3	44.3 mm	1.74"
3.5	45.6 mm	1.79"
4	46.8 mm	1.84"
4.5	48.1 mm	1.89"
5	49.3 mm	1.94"
5.5	50.6 mm	1.99"
6	51.8 mm	2.03"
6.5	53.1 mm	2.09"
7	54.3 mm	2.13"
7.5	55.6 mm	2.18"
8	56.9 mm	2.24"
8.5	58.1 mm	2.28"
9	59.7 mm	2.35"
9.5	60.9 mm	2.39"
10	62.2 mm	2.44"
10.5	63.5 mm	2.50"
11	64.7 mm	2.54"
11.5	66.0 mm	2.59"
12	67.2 mm	2.64"
12.5	68.5 mm	2.69"
13	69.7 mm	2.74"
13.5	71.0 mm	2.79"
14	72.3 mm	2.84"
14.5	73.5 mm	2.89"
15	74.8 mm	2.94"
15.5	76.0 mm	2.99"
16	77.3 mm	3.04"

Further help can also be provided by contacting us via the customer service tab.