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Complex made Simple…Clinically relevant education

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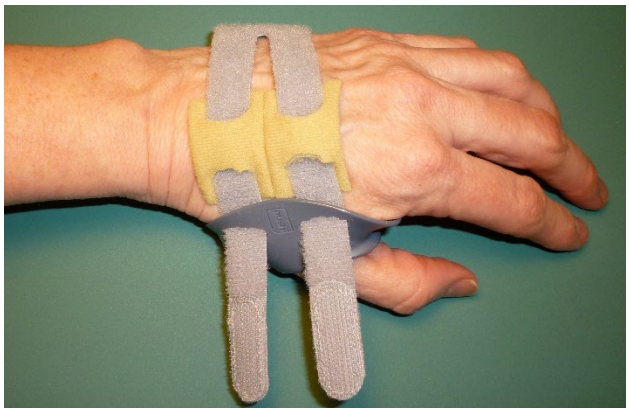
ClinicalPearls

MODIFYING THE PUSH® METAGRIP® FOR SPECIFIC PATIENTS

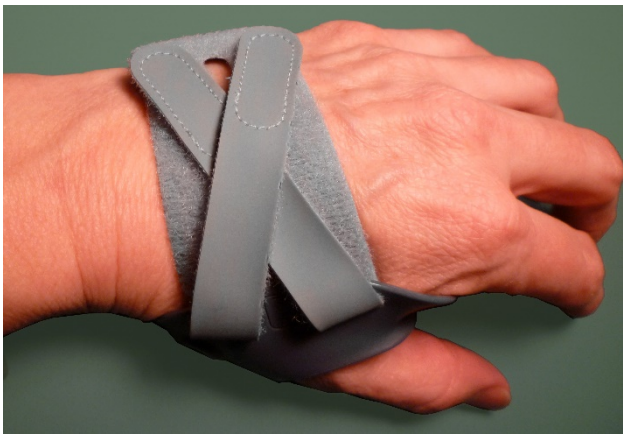
Karol Young, OTD, OTR/L, CHT

Therapists frequently stop by the BraceLab booth at conferences to offer positive feedback about the Push MetaGrip thumb CMC brace, often suggesting ways to modify the MetaGrip to suit their patients' individual needs. We believe "when you learn it, you should teach it," so we are passing along a few ideas therapists have "taught" us about MetaGrip modifications.

STRAPPING: Although the straps on the dorsum of the hand are a soft hook-and-loop fabric, they may cause pressure to those with fragile skin. This can be remedied by applying a piece of Velfoam® strapping material between the patient's skin and the straps. (See image 1.) Straps can be crossed before closing to get a more secure fit at the base of the brace. (See image 2.) Holes can be punched to enlarge the slits where the straps pass through, allowing individuals with a weaker pinch to more easily loosen or tighten the straps. (See image 3.)



1. Applying Velfoam strapping material



2.Crossing the straps



3.Widening the holes

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BONEY PROMINENCES: For individuals with a boney prominence on the dorsum of the CMC joint (shoulder sign), some therapists add a piece of adhesive gel on each side of the boney prominence to lift all pressure off. The photo shows the location of the gel on the patient's hand, but the gel is placed on the inside the MetaGrip at the corresponding location. (See image 4.) Adding padding directly over the boney area only adds pressure. Additionally, one can carefully dry heat and roll the edge at the base of the brace. Gently heat one small area at a time and be sure to protect your finger when pushing on the heated material, holding it until cooled. (See image 5.)



4. Applying gel dots



5. Rolling the edge

THUMB WEB SPACE: One therapist explains, "The MetaGrip is like a pair of expensive leather shoes; it will soften with age, so expect the area in the thumb web space to soften with time." The MetaGrip webspace can also be softened somewhat in the splint pan water and then pinched a few times to slightly re-contour. (See image 6.) The high temperature MetaGrip thermoplastic will not be as responsive as low temperature thermoplastic materials.



6. Pinching the webspace

If the web space remains bothersome, sections can be heated with a heat gun and rolled. For a tutorial on how to modify the MetaGrip, see the Push MetaGrip Modifications Video. **IMPORTANT NOTE:** Modifying the MetaGrip voids the manufacturer's warranty, so proceed carefully.

If you have never modified a MetaGrip, be assured that if you are familiar with handling low-temperature plastics, you can quickly gain a feel for the MetaGrip high temperature material. If you have modified a MetaGrip with a technique you devised, please share with us so we can learn from one another and pass it on!

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