

Applying Readi-Steadi® Dynamic Digit Parts



STEP 1

Apply Readi-Steadi® Dynamic Digit to involved digit. Tighten or loosen during initial fit by pushing opposite end of strap through the small slit opening. Secure at Velcro® hook tab. Trim excess length.



STEP 2

Line of pull should be parallel to the involved joint line. Avoid torque by slightly moving the “anchor” disk in any direction required to achieve this. Secure opposite end of rubber band around disk.



STEP 3

Ensure rubber band attachment is centered dorsally over involved digit.



STEP 4

Adjust rubber band tension as needed by tying small knot(s) and/or by moving “anchor” disk in a marginal and proximal direction on the thermoplastic hand base. Observe hand at rest and confirm that the involved digit is NOT extended at MP joint $> (10 \text{ degrees})$. A gentle, counterforce pull should be experienced as opposed to a pronounced resistive force.

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STEP 5

Check compression around each involved digit weekly. The neoprene strap will stretch over time. Maintaining good compression around each digit contributes to success.



STEP 6

It is common to NOT need Readi-Steadi® Dynamic Digits for all functional activities. It is also common to no longer need them over time with consistent use. Simply slide RSG® Dynamic Digit part(s) off of involved digit(s) while the hand compression cover is in tact. The RSG® Dynamic Digit part(s) will remain attached to the “anchor” disk(s) and thermoplastic hand base preventing loss.



STEP 7

Wash RSG® Dynamic Digit parts along with all removable soft, compression covers included with your custom orthoses system BY HAND with a mild detergent. LAY FLAT TO DRY.



QUESTIONS?

Call

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or email

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For Readi-Steadi® Dynamic Digit Application Video Please Visit www.Ready-Steady.com