

vivehealth.com

# WHAT'S INCLUDED

- 2x Removable Plastic Splints
- 1x Removable Aluminum Splints
- 1x Wrist Brace

## **OVERVIEW**

We are constantly answering questions and recording helpful videos to make using your Vive Reversible Wrist Brace as easy as possible. Throughout the manual we will include QR codes and links to important videos that you can visit to help you.



To see all of the FAQs in one place visit vhealth.link/1caeO

## **INSERTING THE SPLINTS**



Want to watch us do this? Check out **vhealth.link/6flc8** for an easy instructional video.

#### For Right Hand:

- Insert the aluminum splint into the pocket next to rings so that the angle contours to the palm of your Right hand.
- 2. Insert plastic splints into the opposite pocket.



#### For Left Hand:

- Insert the aluminum splint into the right pocket next to straps so that the angle contours to the palm of your Left hand.
- 2. Insert plastic splints into the opposite pocket.

**Note:** Be sure that the aluminum splint is angled down towards the brace for proper fit.





## **ADJUSTING THE BRACE**

 Fit the straps over the gap in the brace and through the D Rings.



2. Fit your hand through the brace and hook your thumb into the thumb hole.



3. Pull the straps to fit the brace into place.



 Adjust the fit if needed and secure straps with the fabric fasteners.



# MAINTENANCE & CARE

- Please remove all splints before cleaning
- Hand wash cold
- Air Dry

