

W-220 ABD: Abduction



Place the thumb sleeve on the wearer's thumb with the remaining strap positioned across the dorsal/top side of the hand. The reinforced seam of the thumb sleeve should line up with the thumb web space.

Wrap the strap around the wrist while applying the necessary resistance to achieve the desired level of abduction.



Maintain a comfortable level of resistance while wrapping the strap around the wrist and fasten the hook velcro tab back on itself.

W-220 OPP: Opposition



Place the thumb sleeve on the wearer's thumb with the remaining strap positioned across the volar/palm side of the hand. The reinforced seam of the thumb sleeve should line up with the thumb web space.

Wrap the strap around the wrist while applying the necessary resistance to achieve the desired level of opposition.

Maintain a comfortable level of resistance while wrapping the strap around the wrist and fasten the hook velcro tab back on itself.

