

# LTS II

## FOREARM BASED

### INSTRUCTIONS

### LONG THUMB SPICA II WITH BOA®

antimicrobial treated



- LONG THUMB SPICA II WITH BOA® FOREARM BASED (LTS II)
- FÉRULA EN ESPIGA LARGA PARA PULGAR II CON BOA® BASADA EN EL ANTEBRAZO (LTS II)
- EXOS™ KURZE DAUMEN-/HAND-/UNTERARMORTHESE II MIT BOA® (LTS II)
- TUTORE LUNGO PER POLLICE CON SISTEMA BOA® - AVAMBRACCIO (LONG THUMB SPICA II, LTS II)
- ORTHÈSE POIGNET-POUCE SPICA II AVEC BOA® (LTS II) BASÉE SUR L'AVANT-BRAS
- SPICA II LANGE DUIM MET BOA® VOOR DE ONDERARM (LTS II)
- DLHÁ ORTÉZA PALCA II SO SYSTÉMOM BOA® NA PREDLOKTIE (LTS II)
- LONG THUMB SPICA II MED BOA® TIL BRUG PÅ UNDERARMEN (LTS II)
- LONG THUMB SPICA II MED BOA® UNDERARMSBASERAD (LTS II)
- PITKÄ PEUKALOTUKI SPICA II, RANNEMALLI BOA(R)-SULKIMELLA (LTS II)
- DLOUHÁ PALCOVÁ SPIKA II SE SYSTÉMEM BOA® NA PŘEDLOKTÍ (LTS II)
- LONG THUMB SPICA II (LTS II) COM SUPORTE NO ANTEBRAÇO BOA®
- LONG THUMB SPICA II MED BOA® FOREARM BASED (LTS II)
- 帶有 BOA® 底部位于前臂的 LONG THUMB SPICA II (LTS II)
- LONG THUMB SPICA II、BOA® 前腕 (LTS II)



no. 10202 Rev D  
USA and International Patents Pending



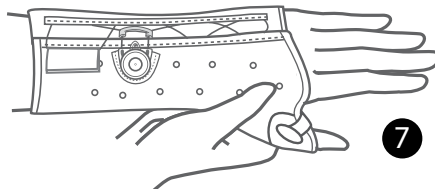
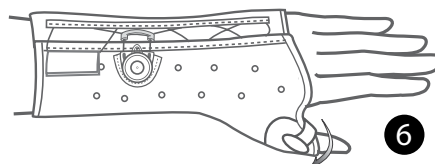
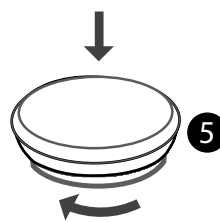
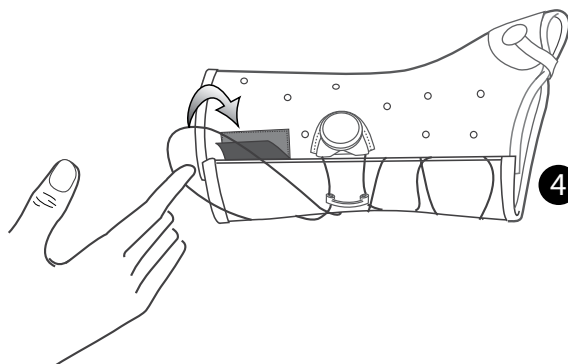
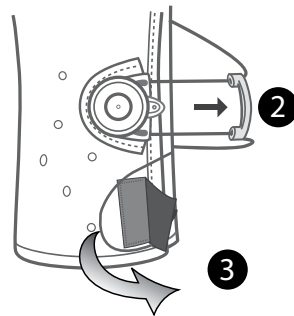
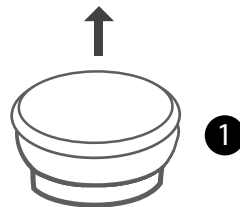
Distributed by: DJO, LLC  
1430 Decision Street,  
Vista, CA 92081  
P 800.336.6569  
F 800.936.6569  
djoglobal.com



Exos LLC  
1122 Red Fox Road  
Arden Hills, MN 55112



Medical Device & QA Services Ltd  
76, Stockport Road, Timperley,  
Cheshire, WA15 7SN, United Kingdom  
Tel +44 161 870 6751 Fax +44 161 903 9787  
Email: info@mdqaservices.com  
www.mdqaservices.com



Before using the device, please read the entire instruction manual. Correct application and care is vital to the proper functioning of the device.

#### INTENDED USE / INDICATIONS

The Long Thumb Spica II (LTS II) provides stabilization to the thumb in abduction, metacarpophalangeal (MCP) joint, carpometacarpal (CMC) joints, distal radius, distal ulna and conditions where immobilization of the wrist in the sagittal and frontal plane is required. The LTS II may be used preoperative, postoperative, post-traumatic as well as Carpal Tunnel Syndrome (CTS).

#### CONTRAINDICATIONS

Patients with known allergies to foams, adhesives, or plastic products.

#### ⚠ WARNINGS and PRECAUTIONS

- ▶ Brace should be fitted by a qualified healthcare professional.
- ▶ Do not heat brace on the body.
- ▶ Check to make sure brace is not too hot prior to application.
- ▶ Brace should be appropriately sized to the patient to ensure proper support and function.
- ▶ Care should be taken with patients with delicate or compromised skin, especially the elderly, not to apply the brace too tightly, which MAY cause pressure and shear to the fragile tissue. PATIENTS SHOULD BE INSTRUCTED ON APPROPRIATE TENSIONING DURING ONGOING USE. An under sleeve or stockinette may be used for added protection.
- ▶ Do not heat Exos™ products to greater than 212°F (100°C).
- ▶ FOR SINGLE PATIENT USE ONLY.

#### OPERATING BOA® LACING AND RELEASE TAB SYSTEM

##### To Loosen Boa®:

- ▶ Lift Boa® Knob. (Figure 1)
- ▶ Pull Tab. (Figure 2)

##### Release Tab:

- ▶ To allow the brace to open more fully, pull open the hook and loop release tab and free lace. (Figure 3)
- ▶ Prior to tightening brace, place the lace back into the hook and loop release tab and secure hook to loop. (Figure 4)

##### To Close and Tighten Boa®:

- ▶ Push Boa® Knob down. (Figure 5)
- ▶ Turn Boa® Knob clockwise. (Figure 5)
- ▶ Boa® Knob must be in the down/locked position when wearing brace.

#### HEATING AND APPLICATION

- ▶ Open and unfold brace.
- ▶ Proper heating temperature is 200°F (93°C).
- ▶ Heat brace in Exos™ oven approximately 3-4 minutes or until brace is pliable. Brace should not be too hot to handle comfortably.
- ▶ Ensure that skin is completely dry before application.
- ▶ Fit brace on patient.
- ▶ Remove slack in lace by tightening Boa® Knob.
- ▶ **Caution: Do not tighten brace fully until brace has returned to room temperature otherwise indentations in plastic may occur.**
- ▶ Accessory strap should be secured in the proper position. (Figure 6)
- ▶ Mold brace into desired position. (Figure 7)
- ▶ Once brace has hardened, the Boa® Knob may be tightened to desired tension.
- ▶ **Warning: The brace should not be worn too tightly. This may produce excessive mechanical force or shear forces to the skin.**

#### CLEANING INSTRUCTIONS

1. Loosen or remove the brace.
2. Wash inside and outside of brace and skin with antibacterial soap and water (86°F/30°C).
3. Rinse thoroughly with water.
4. Use a hair dryer set on high volume and cool setting to thoroughly dry the interior of the brace, and skin.
5. Retighten the brace.

For fitting tips on each Exos™ device visit the Exos™ Provider Center at:

<http://exosmedical.com/provider/LTSIIwBoa> or  
Scan the QR image with your smartphone



#### MATERIAL USED

EVA foam, spandex, nylon, terpolymer, polyester steel, plastic, nylon 6/6 resin, Antimicrobial treatment

#### LIMITED PRODUCT WARRANTY

Exos™ covers defects in workmanship and materials up to 8 weeks from date this product is dispensed. Damage caused by normal wear and tear, abuse, or alterations is not covered.

To the extent the terms of this warranty are inconsistent with local regulations, the provisions of such local regulations will apply.