

Flexion Strap

The flexion strap is used to increase range of movement in your finger joints. It does this by providing a prolonged stretch on the joint.

Application

1. Place the 'cap' over the end of your affected finger with the Velcro facing up (on the same side as your fingernail).
2. Wrap the strap around the back of your bent finger.
3. Hook the strap through the silver loop, keeping the strap flat on your finger.
4. Bring the strap back around your bent finger. You may find it helpful to use your thumb to bend the finger further.
5. Secure the strap onto the Velcro at the end of your finger.



Wearing Regime

Wear your flexion strap _____ times a day for _____ minutes at a time.

- You should pull the strap only as tight as you can withstand for this length of time. It is better to be able to wear the strap for a long time on less stretch, than a short time on more stretch.
- It is important that you wear the strap only for as long as advised by your therapist.

Precautions:

- If your finger gets pins and needles or becomes numb, remove the strap immediately or loosen it until these symptoms go away.

If you experience pain that lasts longer than 30 minutes after you remove the strap, you have pulled it too tight. Rest your joint and next time use less stretch.

Please contact your therapist if you have any queries or concerns.

Therapist: _____

Phone: (07) 3646 7100