

Lycra Flexion Glove

Flexion gloves are used to increase movement in your fingers and increase your ability to make a fist.



Wearing Regime

Wear your flexion glove _____ times a day for _____ minutes at a time. It is best to begin with 5 to 10 minutes, and build wearing time up to 30 minutes as pain allows.

Application

- The seams need to be on the outside so that they do not rub or dig into your skin.
- Pull the glove on by the seams if possible (to prevent tearing or stretching the fabric).
- The glove should fit snugly into your thumb and finger web spaces.
- There should be no wrinkles or folds in the material.
- Attempt to make a fist then pull the long Velcro tapes down towards your palm to increase the bend in your fingers. Attach to the Velcro hook on the palm side of the glove. You should feel a moderate stretch over the back of your fingers and / or your finger joints.

Precautions

- If you experience severe pain, pins and needles, numbness or your fingertips change colour to blue or white your glove may be too tight for you.
- If these symptoms occur, try loosening the straps. If symptoms persist, stop wearing the glove and contact your Occupational Therapist (Ph: 3646 7100).

Care Regime

Wash glove regularly using a small amount of liquid laundry detergent to ensure the glove stays both clean and firm fitting. Dry the glove in the shade. Avoid direct heat.

Follow-Up

Your glove will require adjustment as your condition changes. Please bring your clean flexion glove to all appointments.

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

Therapist: _____

Phone: (07) 3646 7100