



mediroyal 

Orthoses are our passion

# PROXI<sup>®</sup> DeQuervain Stable Wrist Orthosis

*– Effective stabilization of the wrist and thumb*



**HANDCENTER**  
EN DEL AV ATLEVA

# PROXI®

## DeQuervain Stable Wrist Orthosis

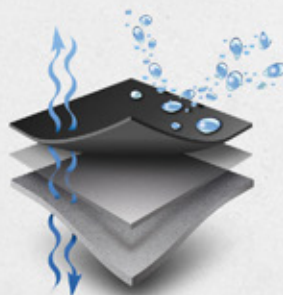


Proxi® DeQuervain Stable is a new orthotic solution for treating patients suffering from Morbus de Quervain. The design has been developed by Hand therapist Christina Hall at Handcenter in Gothenburg, Sweden and has been design protected.

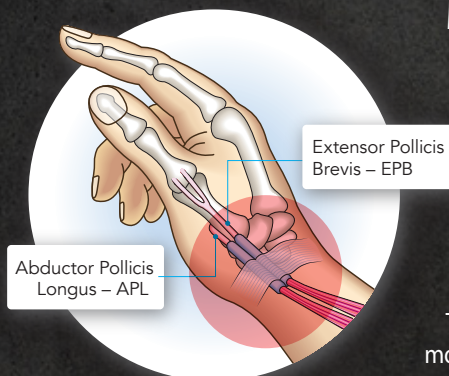


The orthosis effectively stabilizes the wrist and thumb and off-loads the APL and EPB tendons. The construction is made from the Mediroyal Proxi® technique that is unique, a molecular modified thermoplastic that can be adjusted without using hot water or a heatgun.

The thermoplastic is laminated to a hydrodynamic Neptune™ textile which provides a breathable and comfortable material for the patient. The top surface is made from a loop textile where the hook tabs can be attached on, making it a very comfortable and functional orthosis with a high patient compliance.



## Morbus de Quervain



Morbus de Quervain or de Quervain's tenosynovitis is a painful condition involving the Abductor Pollicis Longus (APL) and the Extensor Pollicis Brevis (EPB) tendons of the thumb. When the tendons are overloaded, they become swollen and the sheaths covering the tendons will become inflamed. This can cause pain and tenderness below the base over the thumb. Other common symptoms are numbness over the thumb and index finger, catching/snapping or a squeaking sound can be felt when moving the thumb.

The most common cause is chronic overuse of the wrist and thumb. Repetitive movements day after day can cause irritation and pain. One common movement that causes it is lifting a child into a car seat or working with the wrist ulnar deviated and with an active thumb. Other causes could include a direct injury to the wrist or inflammatory arthritis.

As a part of the treatment, the wrist and thumb should be allowed to rest in an orthosis that should unload the tendons while keeping the IP-joint free. It can be combined with an injection of cortisone in the tendon sheath or with anti-inflammatory gel or tablets. It is important to avoid loading of the thumb and wrist for the inflammation to heal, otherwise the problem will continue.



The design has a stable thumb with an adjustable hook strap which can be attached directly to the surface. On the dorsal side of the hand the construction has an overlap with thermoplastic that stabilizes movement in the wrist. That overlap is secured with hook directly on the surface and can easily be adjusted. In the end of the orthosis is a fixed strap that provides a very good stability to the lever arm of the orthosis. From the APL/EPB tendon sheath tunnel the orthosis is completely open to prevent pressure over the first dorsal compartment.

Proxi® DeQuervain is an excellent choice after cortisone injection. The orthosis should be used for 3–6 weeks, after decision from a therapist or doctor. In some cases the treatment might be extended for a longer time.

Proxi® DeQuervain Stable can be re-molded if the angle of the wrist or the thumb part needs to be changed. Simply immerse the part of the splint that need to be corrected into hot water 75–80 degree C. Dry the material on a towel and then apply on the patient. Let it cool completely before removing.

**Indications:** Morbus de Quervain, instability or dislocation of the midcarpal joint or tendonitis.

### Size chart

Note that the product is available in a left or right version. The sizes overlap, for optimal function we recommend to try the orthosis individually.

#### MR2740 · Proxi® DeQuervain Stable

Size	S	M	L	
Wrist circumference	12–16 cm	16–18 cm	18–22 cm	
Splint length ulnar side	160 mm	165 mm	190 mm	

# PROXI®

## Thumb orthoses



Proxi® is a registered trademark of  
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