

OVAL-8® FINGER SPLINT GUIDE

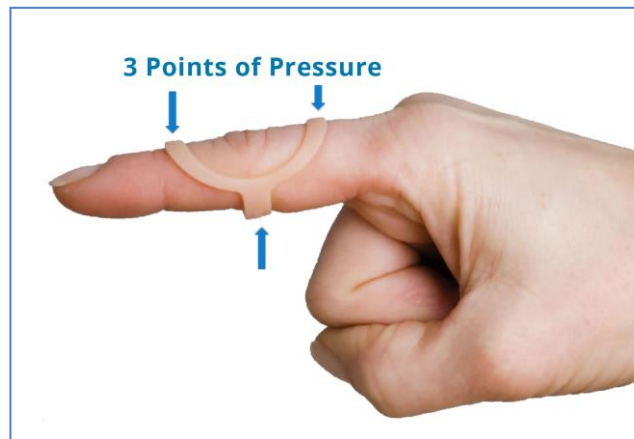
How to Choose the Correct Size Oval-8 Finger Splint



Chapter One

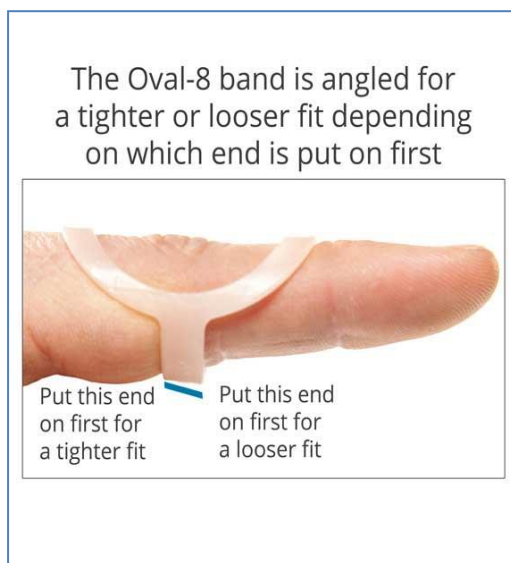
How the Oval-8 Works

Oval-8 Finger Splints are a simple, effective solution to straighten and protect your fingers without messy tape or straps. The wide smooth bands and three points of control help stabilize and align the small joints of fingers affected by arthritis, injury or other health conditions.



Two Sizes in Every Splint

The angled band allows each splint to fit tighter or looser depending on which end you put on your finger first. For example, a size 6 Oval-8 fits as either a 6 or a 6 1/2. The end with the **Plus +** sign is larger and will fit looser when put on the finger first.



Chapter Two

What Problems the Oval-8 Treats

Oval-8 Finger Splints can be worn in different ways on your finger and finger joints to treat different problems. The pictures below show the correct way to wear the Oval-8 for each condition.

Tip: When wearing the band on the top of the joint, the splint may fit tighter because of the thickness of the skin on top of the knuckle. You may need to choose a larger size.



To keep your knuckle straight, wear the band on the top of your knuckle and the oval on the palm side

Mallet Finger



To limit triggering, wear the band on the top side of your finger or knuckle and the oval on the palm side

Trigger Finger



To limit triggering, wear the band on the top side of your finger or end knuckle and the oval on the palm side

Trigger Thumb



To prevent your middle knuckle from bending backwards- wear the oval on the top of your finger and the band on the palm side under the knuckle

Swan Neck Deformity



To straighten joints that are crooked- wear the oval on the side of your finger that your finger is bending towards

Crooked Fingers



To keep the middle knuckle from bending down, wear the band on top of your knuckle and the oval on the palm side

Boutonniere Deformity



To keep your finger from moving- slide the first splint on with the band on the top; Slide a larger size over the first splint with the band on the bottom

Fractures

Chapter Three

How to Measure Your Finger for an Oval-8

Measuring for an Oval-8 Finger Splint

Measuring around the affected finger joint is the first step in choosing the Oval-8 size or sizes that will supply a snug fit for the most effective results.

Measuring must be done carefully as the difference between sizes is quite small $1/16''$ (.158 cm) or less and choosing the correct size is affected by:

- The shape of your knuckle and what your finger condition is
- Where the band will be worn on the finger (See *How to Wear the Original Oval-8 Finger Splint*: <https://bit.ly/3DvctCL>)
- How swelling or temperature changes affect your finger

These instructions do not guarantee a proper fit as finger size may change during the day or due to changes in your condition.

You may find it helpful to have someone assist you with the measuring process

You will need

- Paper and a pair of scissors
- Tape
- A ruler with $1/16''$ markings
- A pencil or ink pen



Step One

- Cut a straight strip of paper about $1/2''$ (1.27 cm) wide by $5''$ (12.7 cm) long

$1/2''$ wide by $5''$ long
(1.27cm wide by 12.7cm long)

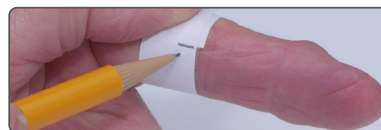
Step Two

- Add a tab of tape at one end of the paper and put it on the joint you will be wearing the splint on



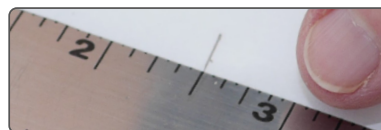
Step Three

- Wrap the paper strip straight around your finger, pull lightly so the paper lays flat on the joint
- Use a pencil or thin pen to mark a thin line where the paper overlaps



Step Four

- Place the paper strip on a ruler and note the size to the nearest $1/16''$ (.158 cm)



Watch the Video for How to Measure Your Finger



PLEASE READ: *The measurement process shown here is only effective for the original Oval-8 Finger Splint and is not recommended if choosing a similar appearing product.*

Chapter Four

Choosing the Oval-8 Size for You

Variations in finger size at different times of day and different finger conditions may affect what size you need. If you are trying Oval-8 Splints for the first time, choosing an Oval-8 Set that provides a range of sizes is recommended to find the best fit for you.

When determining which set to order, consider these factors:

- If your finger tends to swell, order a set that includes larger sizes
 - If you have swelling that's expected to decrease, order a set that includes smaller sizes
 - If you will be wearing splints in water or in cold weather, order a set that includes smaller sizes
- *Oval-8 splints can be adjusted by a healthcare provider trained in fitting orthopedic supports for a custom fit

Graduated Sets of 3 Sizes

Sizes	Size Ranges	Sizes	Size Ranges
2•3•4	1 3/4" - 1 15/16" (4.3-4.9cm)	8•9•10	2 7/16" - 2 11/16" (6.14-6.82cm)
4•5•6	1 15/16" - 2 3/16" (4.9-5.7cm)	10•11•12	2 11/16" - 2 15/16" (6.82-7.4cm)
6•7•8	2 3/16" - 2 7/16" (5.7-6.14cm)	13•14•15	3" - 3 1/4" (7.65-8.2cm)

Combo Sets of 5 Sizes

Sizes	Size Ranges	Sizes	Size Ranges
2•3•4•5•6	1 3/4" - 2 3/16" (4.3-5.7cm)	8•9•10•11•12	2 7/16" - 2 15/16" (6.14-7.4cm)
5•6•7•8•9	2 1/6" - 2 1/2" (5.27-6.35cm)	11•12•13•14•15	2 13/16" - 3 1/4" (7.09-8.2cm)


Need extra splints or replacements?

Oval-8 Finger Splints are sold in Single Size Packages with quantities of 3 or 5 splints

ohmyarthritis

US online purchasing
www.shopoma.com
service@ohmyarthritis.com

888-378-7763 M-F 8:30-4:30 EST

 Watch our Oval-8 videos

Where Oval-8 Finger Splints are Sold

The full line of Oval-8 Finger Splints from 3-Point Products, Inc., are available through many health care providers (doctors, therapists, and orthotists) and online from:



Customer Service

If you have additional questions about the Oval-8 Finger Splints or other products on our website, our customer service team at www.ohmyarthritis.com will be pleased to answer any questions you may have about the products we provide. Please contact customer service at:

Email: service@ohmyarthritis.com

Phone: 888-378-7763, Mon – Fri: 8:30am to 4:30pm EST

Thank You!

Disclaimer: This guide is presented to assist you in determining which size(s) Oval-8 Finger Splint provides the best fit for treating your finger condition. This information does not guarantee correct sizing or treatment of your condition. The Oval-8 splint is a medical device and it is recommended that this or any other medical device be discussed with your health care provider. Because symptoms and the severity of conditions vary among individuals, information presented here is not meant to substitute for personalized medical advice or management. Oval-8 splints are not recommended for children under 4 years old.