

### 3. Position the Wrist



Adjust the moldable C-Arm to fit the first web space



Clip the ball on the C-Arm into the bridge (push firmly through middle of slot)



Lock the bridge into position by tightening screws as illustrated



RECOMMENDED BRIDGE POSITION  
20 Degrees Volar Flexion



RECOMMENDED BRIDGE POSITION  
30 Degrees Ulnar Deviation

### 4. Final Checks

- Is the wrist in the correct position?
- Is the device too loose (moves across skin)?
- Can patient make full-fist without pain?



- Slide the excess ratchet-leg into the screwdriver slot
- Pull the handle outward to snap-off the excess
- Provide each patient with a copy of 'Caring for your Zero-Cast Wx' and organise their follow-up



**Zero-Cast**  
Dynamic Adjustable Wrist Orthosis



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