
Learning Objectives

MedBridge

What About a Thumb Orthosis?

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Course Objectives:

Upon completion of this course, learners will be able to:

- Demonstrate the ability to make knowledgeable choices for appropriate support for different thumb problems
- Describe up to five different thumb orthoses and gain the skills to fabricate each orthosis
- Identify when a patient should wear the orthosis and when a patient should wean from the orthosis

Chapter 1: Which Orthosis When?

Even before and in the midst of retraining for dynamic stability of the thumb, the thumb may need support. How is this choice made? Principles are reviewed to help the therapist help the patient make the best choice or choices.

Chapter 2: Orthotic Fabrication: CMC Stability, Le'Belt and Figure 8 Orthoses

Orthotic fabrication of three different orthoses for thumb stability is presented. They are the CMC Stabilization orthosis, MP and IP free; the Le'Belt abduction orthosis, soft support for MP Adduction assist; and the Figure 8 gardening orthosis for use in a garden glove or for other stabilizing needs.

Chapter 3: Orthotic Fabrication: "Strap" by A. Wajon, and Game-Keeper's Orthoses

Orthotic fabrication of three additional orthoses for thumb stability is presented. They are the "Strap" orthosis by A. Wajon, Game Keepers' Orthoses, and the Game Keepers' UCL Orthosis.

Chapter 4: Reverse Zig-Zag and other IP and MP Deformities: Orthoses and Treatment Options

Some thumbs require minimal support for transfer of muscle and tendon force for grander functional gain. Reverse zig-zag deformity and instability or hyperextension at the distal and metacarpophalangeal thumb joints can impact function. Different orthoses options are presented.