

# Application Instructions

ZERO-CAST F2x

Finger Injury Splint



**Zero-Cast**  
Dynamic Adjustable Finger Orthosis



## Sizing



A	Splint Size
12-16 mm	Size 1
17-21 mm	Size 2
22-25 mm	Size 3
26-28 mm	Size 4

## Orientation & Description



## Positioning

- Position at the Proximal Interphalangeal Joint (PIPJ)



Align the edge of the palm component (with arrow mark) at the patient's PIP joint (PIPJ)

## Pressure Application



Achieve adequate pressure by squeezing the plates together



PIPJ is flexed at 20 degrees as the plates are approximated

## Adjust

The ligament support pads are adjustable. Squeeze together or pull apart for optimal patient fit

Use the tool (provided) to release the ratchet legs (when splint is too tight). When splint is slipping/loose, apply additional pressure by squeezing the dorsal & palm-plates together.



## Finalise + Check



Bend the legs outwards until the excess ratchet leg breaks off



## Rehabilitation

Please follow the rehabilitation instructions provided by your treatment provider while using the F2x. You can download the "F2x Rehabilitation Flier" from the website for detailed guidelines.



## After Care

The patient may remove the Zero-Cast F2x by simultaneously squeezing together the C-shaped edges of both ratchet legs to release/re-apply (for cleaning, etc)

