

WHO (Wrist-Hand Orthosis)

General Description:

WHO is an acronym for Wrist-Hand Orthosis. A WHO is used for a variety of conditions. It can be used for positioning/stabilization, for range of motion assistance, or to stop a joint from flexing or extending excessively. It can also be used for fracture management. Materials can include canvas, metal, and low temperature thermoplastics. The physician determines use of the device. It may be worn all day or for nighttime use only.

Application:

- Loosen straps, place hand in device, putting thumb and fingers in their designated slots.
- Secure closures and adjust for comfort.

Cleaning and Maintenance:

The WHO can be cleaned by hand washing with mild soap and water. It must be air-dried.

Tips and Problem Solving:

If the wearer experiences pain, swelling, sensation changes, or unusual reactions, check the position and tightness of the device. If problems continue, consult the orthotist.

