



**ALCAM MEDICAL O&P**  
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## Thumb Spica

- A Thumb Spica is a brace worn to help reduce motion in the Carpal Metacarpal Joint and metacarpal flange joint.
- The device is made of plastic that is molded or modified fit to your thumb.
- These braces are usually worn over a cotton liner, but may be worn next to the skin.
- Always follow specific instructions given to you by your doctor and practitioner.

### **What does it do?**

Depending on your condition the brace is designed to:

- Offer external support to your thumb.
- Reduce motion at the base of your thumb to decrease pain.

### **Precautions**

Prior to wearing the brace, it is important to check the following things on the brace and your skin:

- Make sure the brace is clean and dry.
  - Make sure there are no cracks, rough edges, or worn areas on the brace.
  - Make sure your skin is clean and dry.
  - Examine your skin and look for abnormal redness, blisters, or sores at least one time a day.
  - This device is designed to be worn with a cotton liner, but may be worn next to the skin.
  - If wearing a cotton liner, make sure it is wrinkle-free.
  - Wash your hand daily.
  - Clean your device with a damp cloth or alcohol wipe.
- \*\* If you find any areas of concern or have questions, contact your practitioner before wearing the brace.**