

# 3pp® Side Step™ Splint

Reduce lateral (sideways) deviation with this adjustable splint

Step 1. Apply 1 pad to the slide, with the fabric towards the finger for comfort. Fig 1.

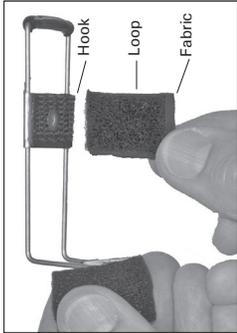


Fig 1

If finger is severely angled, apply 2 pads. Attach the velcro pads together, place on slide. Fig 2.

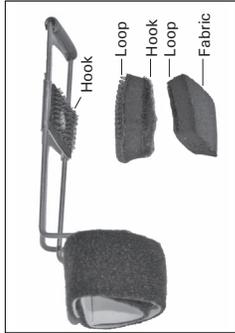


Fig 2

Step 2. Place the splint on the finger as shown in Fig. 3. Wrap the strap around the finger and secure the hook tab.

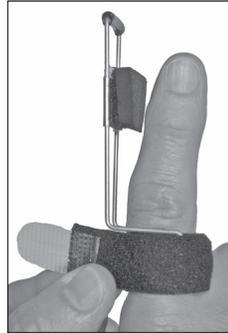


Fig 3

Step 3. Move the slide to rest against the PIP (middle) joint. Fig. 4.



Fig 4

If the joint being corrected is pointing to the right, the pad will be on the left side of the finger.

If the joint is pointing to the left, the pad will be on the right side of the finger.

Step 4. Slide loop strap between the wires and slip the loop on the finger. Fig. 5.

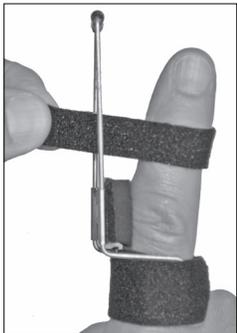


Fig 5

Steps 5 and 6 - To treat the PIP (middle) joint. Place the strap around the DIP end joint. Fig. 6. Wrap the strap around wire and around finger. Apply gentle tension to correct joint position. Fig. 7.



Fig 6



Fig 7

Steps 5 and 6 - To treat the DIP (end) joint. Place the strap around the fingertip. Fig 8. Wrap the strap around wire and around finger. Apply gentle tension to correct joint position. Fig 9.

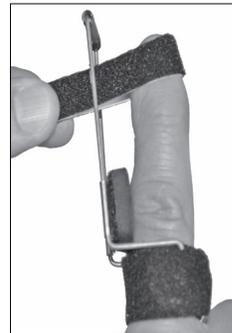


Fig 8



Fig 9

## Suggested Wearing Schedule

Suggested wearing time is 10 to 15 minutes, 3 to 4 times a day. The splint can be worn at night with light force applied to tolerance.

Once the finger angle has been corrected, consider the use of an **Oval-8 Finger Splint** as a "retainer" to maintain the correction over time. An Oval-8 may be worn at night or during the day as needed. For more information, visit [www.3pointproducts.com/oval-8-finger-splint-copy-1](http://www.3pointproducts.com/oval-8-finger-splint-copy-1).

## Cautions

\*Monitor finger color and temperature and remove the splint or lessen the force applied by the straps if there is any discomfort or discoloration.

\*This splint is a medical device and it is important to discuss the use of this splint or any medical device with your health care provider. The assistance of a Hand Therapist or other professional trained in the treatment of hand conditions is recommended.

## Care & Material Information



Hand or machine wash straps and pads. Air dry. Material: Steel wire, nylon and Lycra, polyethylene foam. Latex-free.

## How-To Video

[www.3pointproducts.com/3pp-side-step-video](http://www.3pointproducts.com/3pp-side-step-video)

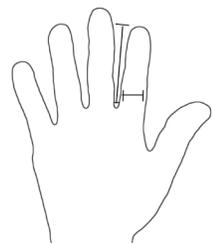
## Consumer Orders

Buy online - [www.ohmyarthritis.com](http://www.ohmyarthritis.com)

## To Order from 3-Point Products

888.378.7763 (U.S. Only)

410.604.6393 (Outside U.S.A.)



## Sizing Information

Measure length from web space to fingertip and width at the base of the finger. If between sizes, choose larger size.

### Web Space to Fingertip

**Sml** 1 1/2" - 2" (3.8-5cm)  
**Med** 1 3/4" - 3 1/8" (4.4-8.3cm)  
**Lrg** 3" - 3 1/2" (7.6-8.9cm)

### Width

1/2" - 5/8" (1.3-1.6cm)  
 5/8" - 7/8" (1.6-2.2cm)  
 7/8" - 1 1/8" (2.2-2.9cm)

## Product Numbers

Small P1201-2 Medium P1201-3 Large P1201-4

**3point**  
products.

[www.3pointproducts.com](http://www.3pointproducts.com)

©3-Point Products®, Inc.  
 2015 Stevensville, MD 21666 U.S.A.  
 Made in Mexico.