

# Holger - Wrist brace

ART.NO 40215

Elastic wrist brace that provides comfortable support and relief for the CMC joints in the wrist and thumb. Holger is made of Oeko-tex certified AirX material that provides good compression and is comfortable to wear. The material is breathable, skin-friendly and dries quickly after washing. Holger is easy to adjust and easy to put on and take off even with weak hands. Attached with velcros. The volar aluminum spoon can easily be removed and shaped.

**Indications:** Instability in CMC joints. Osteoarthritis, arthritis, repetitive strain injuries. Also suitable for the treatment of carpal tunnel syndrome or for immobilization after plaster treatment. **Contraindications:** None known.


**Size:** XS-XL, Right and left resp.

**Material:** 75% Polyester, 10% Aluminum, 5% Polyurethane, 5% Elastane, 5% Nylon. Latex free.

**Washing instruction:** Machine wash at 40°C. Use a laundry bag. Dry flat. Seal the velcros and remove the aluminum spoon before washing. Do not use bleach, chlorine bleach or fabric softener as this could impair the function of the material. Do not dry clean. Do not iron. Do not tumble dry.

**Measurements:** Circumference around wrist in cm.

| Size | Circumference cm | Art.no Left | Art.no Right |
|------|------------------|-------------|--------------|
| XS   | 11,5-13,5        | 40215-10-30 | 40215-20-30  |
| S    | 14-15,5          | 40215-10-40 | 40215-20-40  |
| M    | 16-19,5          | 40215-10-50 | 40215-20-50  |
| L    | 20-22            | 40215-10-60 | 40215-20-60  |
| XL   | 22,5-24          | 40215-10-70 | 40215-20-70  |



**Instructions for use:**

1. Put on as a glove.
2. Close the velcros.

