



## ENGLISH

Before using the device, please read the entire instruction manual.  
Correct application and care is vital to the proper functioning of the device.

### INTENDED USER PROFILE:

The intended user should be a licensed medical professional, the patient or the patient's caregiver. The user should be able to read, understand and be physically capable of performing the directions, warnings and cautions in the information for use.

### INTENDED USE / INDICATIONS

The Exos Rhiza is designed to stabilize and immobilize the first metacarpalphalangeal (MCP) joint and the carpometacarpal (CMC) joint. The Exos Rhiza may be suitable for those suffering from osteoarthritis.

### PERFORMANCE CHARACTERISTICS

Providing stabilization to the limb or body segment.

### CONTRAINDICATIONS

Do not use if you are allergic to any of the materials contained within this product.

### WARNINGS AND PRECAUTIONS

• This product must be prescribed and fitted by a healthcare professional. The frequency and duration of use should be determined by your healthcare professional. • Do not heat brace

on the body. • Check to make sure brace is not too hot prior to application. • Brace should be appropriately sized to the patient to ensure proper function. • Wearing brace should be taken with patients with delicate or compromised skin, especially the elderly, not to apply the brace too tightly, which may cause pressure and shear to the fragile tissue.

PATIENT'S SHOULD NOT EXPOSE THE ORTHOSES DURING ON-GOING USE.

• If brace does not fit properly, re-irritating, it may be

reformed and adjusted by a healthcare professional. • Do not use device other than instructed

by manufacturer. • If patient experiences any pain, swelling, sensations changes, or any unusual reactions while using this product, consult a healthcare professional immediately. • Patient should be instructed to check for breaks and cracks and informed to see a healthcare professional for a replacement. Patient should be instructed on proper cleaning and drying instructions (see Patient Cleaning Instructions below). • If the brace is applied with a Locking tab, the patient must not get brace wet. • Patient should be instructed not to expose brace to heat over 130°F (55°C) as the brace may soften and lose its desired shape. • Patient should be informed of the small parts. • Patient should be advised to avoid immersion of the brace in water or liquids. • Patient should be advised to avoid exposure to accidental ingestion of the small parts. • Patient should be advised to avoid exposure to heat or cold extremes. • Patient should be advised to avoid exposure to sharp objects. • Do not use device if it is damaged and/or the packaging has been opened. • Do not use device over open wounds. • Do not use device if it is damaged and/or the packaging has been opened.

### OPERATING BOA® SYSTEM

To Loosen Boa®:

• Lift Boa® Knob. (Figure 1)

• Pull Tab. (Figure 2)

To Close and Tighten Boa®:

• Push Boa® Knob down. (Figure 3)

• Turn Boa® Knob clockwise. (Figure 3)

• Boa® Knob must be in the down/locked position when wearing brace.

### HEATING AND APPLICATION

• Open and unfold brace.

• Proper heating temperature is 200°F (93°C).

• Heat brace in Exos® recommended oven approximately 3-4 minutes or until brace

is pliable. Brace should not be too hot to handle comfortably.

• Ensure that skin is completely dry before application.

• Fit brace on patient.

• Remove slack in lace by tightening Boa® Knob.

Caution: Do not tighten brace fully until brace has returned to room

temperature otherwise indentations in plastic may occur.

• Accessory strap should be secured in the proper position. (Figure 4)

• Mold brace into desired position. (Figure 5)

• Once brace has hardened, the Boa® Knob may be tightened to desired tension.

Warning: The brace should not be worn too tightly. This may produce

excessive mechanical force or shear forces to the skin.

### CLEANING INSTRUCTIONS

1. Loosen or remove the brace.

2. Wash inside and outside of brace and skin with antibacterial soap and water (86°F/30°C).

3. Rinse thoroughly with water.

4. Use a hair dryer set on high volume and cool setting to thoroughly dry the interior of the brace, and skin.

5. Retighten the brace.

### INSTRUCCIONES DE LIMPIEZA

1. Alentare o retirar la muñequera.

2. Lavar la parte interna y exterior del tutore y la piel con jabón antibacteriano y agua (30 °C/86 °F).

Rx ONLY

### MATERIAL USED

EVA foam, spandex, nylon, terpolymer, polyester steel, plastic, nylon 6/6 resin,

Antimicrobial treatment

### LIMITED PRODUCT WARRANTY

DJO, LLC will repair and replace all or part of the unit and its accessories for material or

workmanship defects for a period of 8 weeks from the date of sale.

To the extent the terms of this warranty are inconsistent with local regulations, the provisions of

such local regulations will apply.

