

OVAL-8® FINGER SPLINT GUIDE

How to Choose the Correct Size Oval-8 Finger Splint



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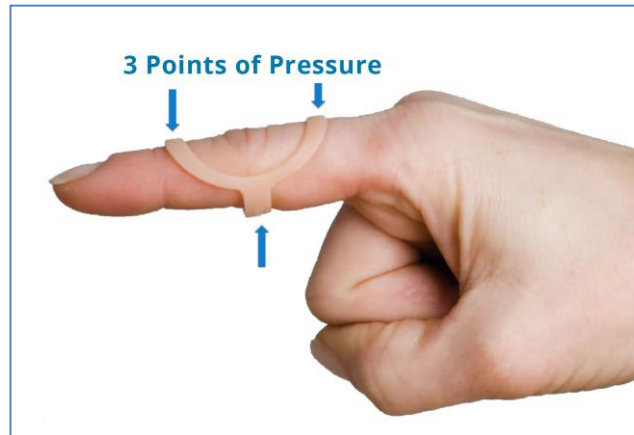
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Chapter One

How the Oval-8 Works

Oval-8 Finger Splints are a simple, effective solution to straighten and protect your fingers without messy tape or straps. The wide smooth bands and three points of control help stabilize and align the small joints of fingers affected by arthritis, injury or other health conditions.



Two Sizes in Every Splint

The angled band allows each splint to fit tighter or looser depending on which end you put on your finger first. For example, a size 6 Oval-8 fits as either a 6 or a 6 1/2. The end with the **Plus +** sign is larger and will fit looser when put on the finger first.



Chapter Two

What Problems the Oval-8 Treats

Oval-8 Finger Splints can be worn in different ways on your finger and finger joints to treat different problems. The pictures below show the correct way to wear the Oval-8 for each condition.

Tip: When wearing the band on the top of the joint, the splint may fit tighter because of the thickness of the skin on top of the knuckle. You may need to choose a larger size.



Mallet Finger

To keep your knuckle straight, wear the band on the top of your knuckle and the oval on the palm side



Trigger Finger

To limit triggering, wear the band on the top side of your finger or knuckle and the oval on the palm side



Trigger Thumb

To limit triggering, wear the band on the top side of your finger or end knuckle and the oval on the palm side



Swan Neck Deformity

To prevent your middle knuckle from bending backwards- wear the oval on the top of your finger and the band on the palm side under the knuckle



Crooked Fingers

To straighten joints that are crooked- wear the oval on the side of your finger that your finger is bending towards



Boutonniere Deformity

To keep the middle knuckle from bending down, wear the band on top of your knuckle and the oval on the palm side



Fractures

To keep your finger from moving- slide the first splint on with the band on the top; Slide a larger size over the first splint with the band on the bottom

Chapter Three

How to Choose the Correct Size Oval-8

General Guideline for Sizing Your Finger

There are 14 Oval-8 Finger Splint sizes (2 through 15). Each splint will fit looser or tighter depending on which end of the splint slides onto your finger first (see Chapter One).

The differences between sizes is quite small – generally there is less than 1/8-inch difference in circumference (measurement around your finger).

In most cases, Oval-8 Finger Splints are worn around the knuckle (joint) of your finger, not where you would normally wear a ring. The fit must be precise, yet comfortable for the splint to stay in place and apply the necessary pressure needed for effective treatment.

Below is a general guideline for sizing your finger based on gender. These are just general guidelines—you will still need to size your finger using one of the three methods described in this chapter.

For Women

Generally, sizes 5, 6 and 7 will fit most women's middle joint (knuckle); sizes 4, 5 and 6 will fit the end joint (knuckle) below the finger nail.

For Men

Generally, sizes 8, 9 and 10 will fit most men's middle joint (knuckle); sizes 6, 7 and 8 will fit the end joint (knuckle) below the finger nail.

Chapter Three

How to Choose the Correct Size Oval-8

Three Ways to Find Your Finger Size

Use one of the following methods to size your finger for an Oval-8 Finger Splint:

1. Measure Your Finger

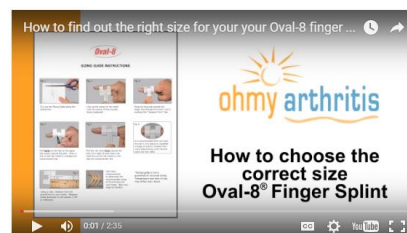
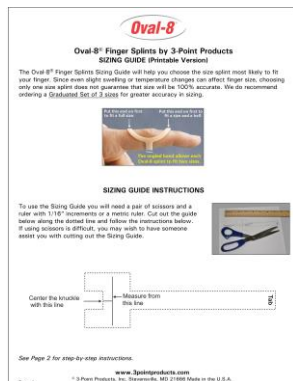
Use a flexible measuring tape or the *Oval-8 Sizing Guide* to measure around the joint of your affected finger. The *Oval-8 Sizing Guide* is a paper measuring guide you print and cut out to measure for the Oval-8 sizes most likely to fit.

Once you have determined your correct size range, purchasing **Oval-8 Graduated Sets** make choosing the correct size easier by giving you the extra splints needed for swelling and other changes in your finger size.

Graduated Set Sizes	Finger joint measurement range
Sizes 2, 3, 4	1 3/4" - 1 15/16" (4.3 cm - 4.95 cm)
Sizes 4, 5, 6	1 15/16" - 2 3/16" (4.95 cm - 5.7 cm)
Sizes 6, 7, 8	2 3/16" - 2 7/16" (5.7 cm - 6.14 cm)
Sizes 8, 9, 10	2 7/16" - 2 11/16" (6.14 cm - 6.8 cm)
Sizes 10, 11, 12	2 11/16" - 2 15/16" (6.8 cm - 7.4 cm)
Sizes 13, 14, 15	3" - 3 1/4" (7.65 cm - 8.2 cm)

Watch our step-by-step video "**How to Choose the Correct Size Oval-8 Finger Splint**" for additional help on how to use the Sizing Guide.

Click the images below for the Sizing Guide and Video:



Chapter Three

How to Choose the Correct Size Oval-8

2. Oval-8 Sizing Set



The most accurate way to find a size that fits you best is with the splints themselves.

The Oval-8 Sizing Set includes one splint of each size, 2 through 15. The Sizing Set will give you the greatest accuracy for finding the size or sizes that fit you best, even when swelling or finger size changes how the Oval-8 fits.

Remember, each size will fit tighter or looser depending on which end slides onto your finger first. Before trying a different size, try putting on the splint from the other end to see if that results in a better fit.

3. Jeweler's Ring Sizer

Oval-8 splints are close to, but not an exact match for jeweler's ring sizes. Having a jeweler measure your joint or finger will give you an idea of what range of sizes you will need. . You will need to know where on the finger you will be wearing the splint (see Chapter Two) to correctly measure your finger.

Ask the jeweler to use the wide ring gauge to measure your finger joint. Choose the ring size that fits snugly (not tight).

Adjusting the Fit of an Oval-8 Finger Splint

Oval-8 Finger Splints are a medical brace made from a firm plastic that has a small amount of give, but is strong enough to hold your finger in place when fit properly.

Following one of the three methods for sizing your finger should result in a proper fit. If your finger is swollen or you need the splints to fit around a crooked knuckle, you may need to visit a therapist or orthotist (brace maker) trained in adjusting and fitting plastic splints and braces.

[Find a certified hand therapist \(CHT\)](#)

Chapter Four

Purchasing Oval-8 Finger Splints

Oval-8 Graduated Set



The Oval-8 Graduated Set is ideal if you're using the Oval-8 Finger Splints for the first time. With three consecutive size splints, you have a range of sizes to choose from and extra sizes if swelling, time of day or temperature affects your finger size.

Tips for choosing a Graduated Set:

- If your finger(s) tend to swell, or you are working in warm conditions, order a set that includes larger sizes (i.e. if you measure as a size 8, order Sizes 8, 9 & 10)
- If you have swelling that is expected to go down, or will be wearing your splint in water or in cold conditions, order a set that includes smaller sizes (i.e. if you measure as a size 8, order Sizes 6, 7 & 8)
- Each Oval-8 splint fits slightly larger or smaller depending on which end is fit on the finger first. This means each Graduated Set gives you 6 different sizing options.

Graduated Sets are available in the following combinations:

Sizes 2, 3 & 4	Sizes 8, 9 & 10
Sizes 4, 5 & 6	Sizes 10, 11 & 12
Sizes 6, 7 & 8	Sizes 13, 14 & 15

Oval-8 Sizing Set



The Oval-8 Sizing Set includes one splint of each size, size 2 through 15, giving you all available sizing options.

An Oval-8 Sizing Set assures that you have extra sizes if your finger swells, the weather changes or if you need a splint for a different finger.

Should you need more than one splint of any size, they are available in packages of 1, 3 or 5 by size (see Individual Splints below).

Chapter Four

Purchasing Oval-8 Finger Splints

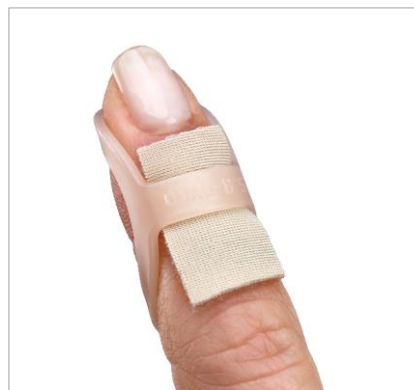
Individual Splints

Packages with only one size are a good option for those who have been sized by their therapist or doctor using the Oval-8 splints or if you are replacing a splint or buying extras.

Individual packages are sold by size (sizes 2 through 15) in quantities of 1, 3 or 5.

Oval-8 Accessories: Gel Tube and Gel Mate

- If you will be wearing the Oval-8 over a bandage, Gel Tube or Gel Mate silicone sheeting, you will need a splint at least one size larger than the joint measures.
- Keep in mind that even minor changes in swelling or temperature can affect how your splint fits. It is always a good idea to have more than one size splint available to accommodate changes.



Where Oval-8 Finger Splints are Sold

The full line of Oval-8 Finger Splints from 3-Point Products, Inc., are available through many health care providers (doctors, therapists, and orthotists) and online from:



Chapter Five

Links to Helpful Oval-8 Videos

It is said that a picture is worth a thousand words. We agree and have produced a number of videos to show you how to treat different conditions successfully with Oval-8 Finger Splints. If you don't see a video on your condition, let us know and we will add that to our list of things to do for you.

Click the links below to watch our videos on how to wear the Oval-8 to treat the following finger conditions:

[**Introduction to Oval-8 Finger Splints**](#)

[**How to Treat a Mallet Finger**](#)

[**How to Treat a Trigger Finger**](#)

[**How to Treat a Trigger Thumb**](#)

[**How to Treat a Swan Neck Deformity/EDS Hypermobility**](#)

[**How to Treat a Boutonniere Deformity**](#)

[**How to Treat Crooked Fingers/ Lateral Deviation**](#)

Thank You!

Thank you for taking the time to read the information on Oval-8's. Please let us know if you found this information helpful or if you have suggestions on what we might improve upon.

Disclaimer

This guide is presented to assist you in determining which size(s) Oval-8 Finger Splint provides the best fit for treating your finger condition. This information does not guarantee correct sizing or treatment of your condition. The Oval-8 splint is a medical device and it is recommended that this or any other medical device be discussed with your health care provider. Because symptoms and the severity of conditions vary among individuals, information presented here is not meant to substitute for personalized medical advice or management. Oval-8 splints are not recommended for children under 4 years old.

OhMyArthritis.com Customer Service

If you have additional questions about the Oval-8 Finger Splints or other products on our website, our customer service team at www.ohmyarthritis.com will be pleased to answer any questions you may have about the products we provide. Please contact customer service at:

Email: service@ohmyarthritis.com

Phone: 888-378-7763, Mon – Fri: 8:30am to 4:30pm EST

Note: Our customer service representatives are not medical professionals and cannot answer questions related to your medical condition. If you have questions or concerns related to your medical condition, please contact your health care provider.

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