

## Inland Patient Care Centers

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Inland Artificial Limb & Brace, Incorporated has five locations to best serve you. Our offices are located in Riverside, Temecula, Norco, Chino, and Anaheim. This allows us to service patients through out Orange County, Riverside County, and San Bernardino County without the hassle of long distance travel.

[www.Inlandlimbandbrace.com](http://www.Inlandlimbandbrace.com)

This brochure is not intended to be used as a substitute for professional medical advice.



680 Parkridge Ave  
Norco, CA 92860

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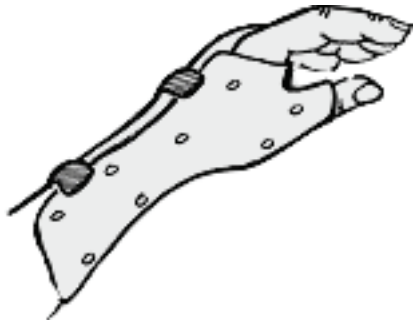
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**Inland Artificial Limb & Brace, Inc.**  
Your Premier Choice for Orthotic and Prosthetic Services

## General Information

A Wrist Hand Orthosis (WHO), might also be called a wrist or hand brace. It is custom fit or molded and used to support weak muscles and immobilize or limit the motion of joints. You may require some or all of these functions. These braces may be made of thermoplastic, canvas, metal or a combination of these materials



## HowTo Guidelines

### Use Your WHO

If your brace is made from thermoplastic material, you will need to wear a cotton sock between your skin and the brace. Your orthotist may have provided you with a special sock to wear. A sock will absorb perspiration and help to protect your skin

Check your wrist and hand for any red pressure areas when you remove the brace. Any reddened area that does not fade after 20 minutes should be watched carefully. This is especially important for patients who are diabetic or have poor sensation.

Do not become discouraged if you feel an adjustment is needed. This is not unusual. A minor adjustment might be needed to ensure a good fit. Call your orthotist to discuss this.

## Caring Guidelines

### Care

Clean any thermoplastic sections at least once a week using mild soap, and rinse well to remove soap residue.

Follow any washing instructions on the tag sewn into a canvas brace.

### Remember...

WHO is a very specialized device. It is VERY important to keep all the follow-up appointments made by your orthotist