

# OVAL-8® FINGER SPLINT GUIDE

How to Choose and Correctly Size  
Your Oval-8 Finger Splint



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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 Oval-8 Splint

The angled band allows each splint to fit tighter or looser depending on which end you put on your finger first. Each of the 14 sizes fit a full Oval-8 size and an Oval-8 size plus a half. For example, a size 6 Oval-8 fits as either a 6 or a 6 1/2.



Read on to learn more about what problems the Oval-8 treats, how to choose the correct size, how to purchase an Oval-8 and links to Oval-8 videos.

## Chapter Two

# What Problems the Oval-8 Treats

**Oval-8's** are the only finger splint that can be worn to treat different conditions with a simple turn of the splint. The splints are worn different ways on the finger and on different joints to properly treat different problems.

For most conditions, the oval section applies the “corrective” force and the band acts as the stabilizing point of control.

The pictures below show the correct way to wear the Oval-8 for each condition. Hint: When wearing the band on the top of the joint, the splint will fit tighter because of the looseness of the skin on top of the joint.



### Mallet Finger

- The band is worn on top of the joint closest to the fingernail and the oval portion on the palm or inside to hold the joint straight.
- Measure around the joint closest to the fingernail.



### Trigger Finger

- The band is worn on the top of the base phalanx/bone and the oval portion on the inside to limit bending to stop triggering. You may also wear it on the middle joint to fully block bending.
- Measure around the middle knuckle.



### Trigger Thumb

- The band is worn on top of the first phalanx/bone and the oval on the palm side to limit bending to stop triggering. You may also wear it on the joint closest to your fingernail to fully block bending.
- Measure around the joint closest to the fingernail.



### Swan Neck Deformity/EDS Hypermobility

- The splint is worn around the middle knuckle with the band on the palm or inside of the finger and the oval portion on top to prevent the joint from bending backwards (hyperextending).
- Measure around the middle knuckle.



### Crooked or Deviated Fingers

- The oval portion is worn on the side your finger is bending towards. The band acts as the counterforce to the correction.
- Measure the joint that you are attempting to straighten.



### Boutonniere Deformity

- The band is worn on the top of the middle knuckle and the oval on the inside to hold the knuckle straight.
- Measure around the middle knuckle.



### Fractures

- If you are holding your broken finger straight, you will be choosing the size for the bottom splint.
- Measure the injured joint to determine the size for the base splint.
- For the top or second splint, choose a splint one to one and a half sizes larger to slide over the bottom joint.

## Chapter Three

# How to Choose the Correct Size Oval-8

Oval-8 sizes are quite precise and the difference between sizes is quite small. While Oval-8 sizes are close to jewelry ring sizes, they are not an exact match and knowing your ring size will not help you determine what size to wear on different fingers or joints.

Choose one of the following methods to determine the size or sizes that will work best for you:

### 1. Oval-8 Sizing Set



The Oval-8 Sizing Set helps you to get a correct fit every time. It contains one splint of each size, 2 to 15. The Sizing Set lets you try several sizes as needed to get the right fit.

### 2. Oval-8 Do It Yourself Sizing Guide

The **Oval-8 Sizing Guide** is a paper guide you print, cut out and use to measure for a range of sizes most likely to fit. Watch our step-by-step **Oval-8 Sizing Guide video** before using the Sizing Guide. Choose a Oval-8 Graduated Set with the range of sizes you measured for using the Sizing Guide.

Click the images below for the Sizing Guide and the video:



### 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. Purchasing a Graduated Set is recommended for you to have a range of sizes to choose from.

Ask the jeweler to use the wide ring gauge to measure your knuckle or finger (*refer to Chapter 2 to determine where to take the measurement*). Choose the ring size that fits snugly (not tight) around the knuckle or joint where you will be wearing the Oval-8 Finger Splint.

## Chapter Four

# How to Purchase an Oval-8 Splint

### Oval-8 Sizing Set



The Oval-8 Sizing Set includes one splint of each size, size 2 through 15, to assure that you can choose the correct size or sizes.

Having the Sizing Set means you have extra sizes to change into if your finger swells, the weather changes or if you need a splint for a different finger. Item Number P1008-S

### Oval-8 Graduated Sets



With 3 consecutive size Oval-8's per package, the Graduated Set is the ideal way to have the perfect size even if swelling, time of day or temperature affect finger size.

Graduated Sets are available in the following combinations:

Item Number	Sizes	Item Number	Sizes
RP1008-001	sizes 2, 3, 4	RP1008-004	sizes 8, 9, 10
RP1008-002	sizes 4, 5, 6	RP1008-005	sizes 10, 11, 12
RP1008-003	sizes 6, 7, 8	RP1008-006	sizes 13, 14, 15

*\*See the Sizing Guide for directions on how to find your size.*

### 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. Sold according to size (sizes 2 through 15), individual sizes are available in quantity packages of 1, 3 or 5 of any single size.

#### 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 to Buy Oval-8 Finger Splints

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:



Oval-8 Finger Splints are **not yet available over the counter in retail stores**  
– but we are working on it!

## 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:

- [How to Treat a Mallet Finger](#)
- [How to Treat a Trigger Finger](#) (also applies to 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 presented here 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 what Oval-8 Finger Splint size or sizes may provide the best fit for treating your finger condition. This information does not guarantee correct sizing or treatment of your particular 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 and its use be supervised by your provider. Oval-8 splints are not suitable for all persons. Because symptoms and the severity of conditions vary among individuals, information presented here is not meant to substitute for personalized medical advice or management.

### **Oh My Arthritis Cannot Provide Medical Advice**

The information in this e-book is for informational purposes only and is not presented as medical advice. If you have additional questions about the Oval-8 Finger Splints or other products, our customer service team at [www.ohmyarthritis.com](http://www.ohmyarthritis.com) will be pleased to answer any questions you may have about the products we provide. Our customer service team members 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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