

## Push MetaGrip CMC Thumb Brace



### Fitting the brace:



Size	MCP Circumference
Size 0	5-7/8 to 6-7/8 inches
Size 1	6-7/8 to 7-3/4 inches
Size 2	7-3/4 to 9 inches
Size 3	9 to 10-1/4 inches



Extend your fingers out straight with your thumb in the "up" position.

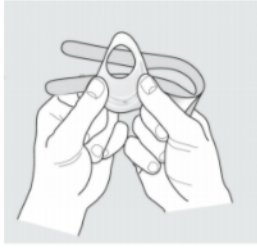


Measure horizontally across your hand, below the knuckles and at the base of the metacarpals (hint: measure at the pinky crease)



Take a tape measure and wrap around your hand to determine which size to order

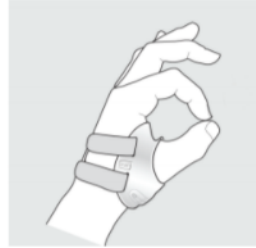
## How to use the MetaGrip Brace:



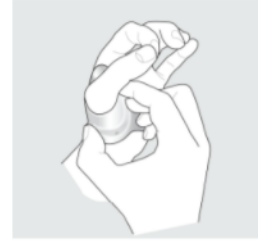
1. Before applying the Push MetaGrip by **Bracelab** to your hand the first time, gently bend the metal insert slightly outward so the thumb area is somewhat larger.



2. Open the straps. Slide your fingers and thumb into the brace and push the brace as far down on your thumb as possible. Gently, but firmly, close the straps; do not pull them tightly.



3. Touch thumb tip to index fingertip, making a gentle "O" shape, but be sure your thumb muscles are relaxed and the thumb joints are slightly flexed. Look directly into your palm to be sure your thumb is not too far across your palm or too far out of your palm but in a mid-position.



4. With your thumb in the mid-position and relaxed, squeeze the metal insert firmly so it snugly fits around the muscles of your thumb.

## Where to buy:

- [Bracelab.com](http://Bracelab.com) (approximately \$80/ea)
- [Amazon.com](http://Amazon.com) (Search "Push MetaGrip Brace" approximately \$100/ea)
- [Rehab-store.com](http://Rehab-store.com) (approximately \$80/ea)
- Walmart (approximately \$80/ea – be sure to check in-store availability)

