

BRIDGEFLEX™ — QUICK USE GUIDE

Before Use

- Wash and dry your hands thoroughly
- Ensure hands and device are completely dry before donning



How to Put It On (Don)

- Designed for left or right hand use, orient with smallest loop over pinkie
- Place BRIDGEFLEX™ over the fingertips of the index, middle, and ring fingers
- Material has enhanced grip on skin. Using the **webbing as pinch points**, work the device **gently and as evenly as possible back and forth down the fingers**.
 - Gentle pulling on the loops is acceptable, but **do not overstretch**
 - Allow silicone to move gradually
- As the device is worked downward, incorporate the pinky loop once that level is reached
- Continue until the **final resting position** is reached:
 - 1/2 to 3/4 inch above the base of each finger
 - On the **smooth shaft of the first bone** of the **index, middle, and ring fingers**
- Ensure the device is **properly aligned and positioned evenly**
- Confirm the loops are not folded or rolled at the final resting position
- **The device may rest differently on each person's pinky finger — this is normal**
(Refer to image for proper alignment)



How to Take It Off (Doff)

- Remove slowly and evenly. Pulling upward towards the fingertips
- Avoid aggressive pulling or overstretching

Fit & Use Expectations

- BRIDGEFLEX™ may feel snug during the first few uses
- Silicone bands are **designed to provide support while allowing adequate circulation**
- **Mild, temporary skin color changes** may occur and typically resolve shortly after removal
- For **larger fingers**, the silicone may gradually adapt and feel more comfortable with repeated use

Use Time & Breaks

- Do **not** wear for more than **1 hour at a time upon initial use**
- Take breaks between uses, build tolerance and assess compliance level
- Discontinue use if discomfort, numbness, or prolonged skin color changes persist

Material Notice

- BRIDGEFLEX™ is constructed from **soft, flexible silicone**
- Over time and with regular use, the material may naturally relax — this is normal for soft goods

Important Information

- BRIDGEFLEX™ is a **soft, flexible support**
- It is **not intended to immobilize joints**
- Proper positioning and appropriate use duration are important

Questions?

Email us at info@bridgeflexhand.com