

**Delta-Cast®**

# **Splinting Application Manual**

**Dynacast® Prelude &  
Delta-Cast® Prelude**



Included in this manual:  
**Applications**  
**Patient Monitoring**

Excellent for:  
**ER**  
**OR**  
**Acute**  
**Chronic**  
**Injuries**

**Delta - Cast®**

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# Suggested uses for different sizes of Dynacast® Prelude / Delta-Cast® Prelude Splinting System

Sizes	Uses	Possible Indications
<b>2.5 cm</b>	<p>Finger Injuries</p> <p>Thumb Injuries</p> <p>Pediatric Splints</p> <p>Figure 8 Thumb</p>	<p>Lacerations, Sprain, Jammed Finger, Finger Fracture, Tendon Repairs</p> <p>Lacerations, Sprain, Jammed Finger, Finger Fracture</p> <p>IV Arm Board, Sugar Tong, Forearm</p> <p>Game Keeper or Jammed Thumb</p>
<b>5 cm</b>	<p>Pediatric Sugar Tong Arm</p> <p>Child's Clavicle</p> <p>Finger Splint</p> <p>Child's Ankle Stirrup</p> <p>Coaptation Splint</p> <p>Dorso-Lateral Elbow Splint</p> <p>Stirrup/Posterior Combo (aka. Cadillac Splint)</p>	<p>Fracture Forearm / Wrist</p> <p>Clavicle Injury / Fracture</p> <p>Fracture / Laceration / Sprain</p> <p>Ankle Sprain, Shin Splint/Hairline Fractures</p> <p>Midshaft Humeral Fractures</p> <p>Radial Head Fractures, Non-Displaced Midshaft Humerus, Elbow Strains/Sprains, Occult Olecranon Fractures, Bicep Tendon Repairs, Ulnar Nerve Transposition</p> <p>Severe Ankle Sprain/Strain, Metatarsal fractures, Hair Line Fractures, Distal Tibia/Fibula Fractures, Non-displaced Ankle Fractures</p>
<b>7.5 cm</b>	<p>Ankle Stirrup</p> <p>Child Posterior Leg Splint</p> <p>Sugar Tong Arm</p> <p>Volar Cockup Splint</p> <p>IV Arm Board</p> <p>Two Finger Splint</p> <p>Thumb Spica</p> <p>Volar Dorsal</p> <p>Coaptation Splint</p> <p>Dorso-Lateral Elbow Splint</p> <p>Stirrup/Posterior Combo (aka. Cadillac Splint)</p> <p>Reverse Sugar Tong</p> <p>Dorsal Splint</p>	<p>Ankle Sprain</p> <p>Lower Leg / Ankle / Metatarsal</p> <p>Forearm / Colles / Wrist Fracture</p> <p>Wrist Sprain / Carpal Tunnel, Lacerations / Night Splints</p> <p>IV</p> <p>Fracture / Laceration / Sprain</p> <p>Navicular / Scaphoid Fracture, Thumb Dislocations, UCL Ligament Sprains, Tendinitis</p> <p>Severe Wrist Sprain / Non-displaced Distal, Forearm Fracture</p> <p>Midshaft Humeral Fractures</p> <p>Radial Head Fractures, Non-Displaced Midshaft Humerus, Elbow Strains/Sprains, Occult Olecranon Fractures, Bicep Tendon Repairs, Ulnar Nerve Transposition</p> <p>Severe Ankle Sprain/Strain, Metatarsal fractures, Hair Line Fractures, Distal Tibia/Fibula Fractures, Non-displaced Ankle Fractures</p> <p>Colles Fracture, Forearm Fracture</p> <p>Wrist Fractures/Tendon Repairs/Lacerations</p>
<b>10 cm</b>	<p>Ankle Stirrup</p> <p>Small Adult Posterior Leg Splint</p> <p>Sugar Tong Arm</p> <p>Large Volar Cockup Splint</p> <p>Two Finger or Buddy Splint</p> <p>Thumb Spica</p> <p>Boxer or Gutter Splint</p> <p>Knee Immobilizer</p> <p>Teardrop Splint</p> <p>Gutter Splint or Teardrop Splint</p> <p>Posterior Elbow</p> <p>Thumb and Wrist Immobilizer</p> <p>Dorso-Lateral Elbow Splint</p> <p>Stirrup/Posterior Combo (aka. Cadillac Splint)</p> <p>Posterior Ankle</p>	<p>Ankle Sprain</p> <p>Nondisplaced Fracture</p> <p>Forearm / Colles / Wrist Fracture / Humeral Fracture</p> <p>Wrist Sprain / Carpal Tunnel Synd. / Lacerations</p> <p>Finger Sprain / Fracture / Lacerations</p> <p>Thumb Sprain / Navicular / Scaphoid Fracture</p> <p>4th or 5th Metacarpal / Fracture / Sprain</p> <p>Lacerations / Knee Injuries / Strains</p> <p>2nd and 3rd Metacarpal Fractures, Flexor or Extensor Tendon Repair, Crush Hand Injuries, Lacerations</p> <p>Whole Hand Injuries</p> <p>Elbow Injuries</p> <p>Proximal Thumb / Hand Injuries</p> <p>Radial Head Fractures, Non-Displaced Midshaft Humerus, Elbow Strains/Sprains, Occult Olecranon Fractures, Bicep Tendon Repairs, Ulnar Nerve Transposition</p> <p>Severe Ankle Sprain/Strain, Metatarsal fractures, Hair Line Fractures, Distal Tibia/Fibula Fractures, Non-displaced Ankle Fractures</p> <p>Distal Tib / Fib Fractures, Ankle Sprain, Achilles Tendon Tears, Metatarsal Fractures</p>
<b>12.5 cm</b>	<p>Posterior Leg—Adult</p> <p>Knee Immobilizer—Adult</p> <p>Teardrop Splint</p> <p>Posterior Elbow</p> <p>Thumb and Wrist Immobilizer</p> <p>Posterior Ankle</p>	<p>Lower Leg / Ankle / Metatarsal / Fracture / Sprain</p> <p>Knee Injuries / Strains</p> <p>2nd and 3rd Metacarpal Fractures, Flexor or Extensor Tendon Repair, Crush Hand Injuries, Lacerations</p> <p>Prox. Forearm / Elbow / Humeral</p> <p>Proximal Thumb / Hand Injuries</p> <p>Distal Tib / Fib Fractures, Ankle Sprain, Achilles Tendon Tears, Metatarsal Fractures</p>
<b>15 cm</b>	<p>Same as 12.5 cm Indications (Large Adult)</p> <p>Whole Hand Splint</p>	

# Preparation Guidelines



**1**

Select splint width and cut to desired length.



**2**

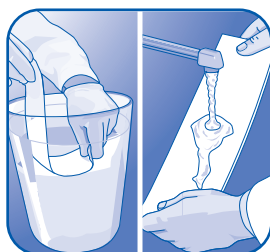
Immediately reseal remaining roll back into foil pouch with clip:  
1) Fold or push remaining roll back into foil pouch  
2) Push clip down tightly over the end of the pouch making sure foil is smoothly in clip.

Skip this step if using a precut.



**3**

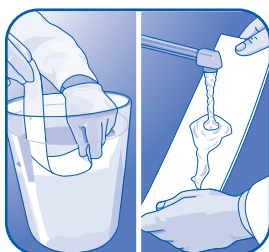
Remove splint from foil pouch. Pull padding beyond substrate or trim substrate 1.25 cm shorter than padding at both ends\*. Another option is simply tape cut edges. Substrate should not be exposed beyond padding.



**4**

**With Padding**

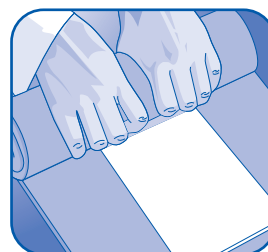
Pass under cool water from faucet or dip in cool water (21°–30°C). Roll or fold splint and squeeze out excess water.  
**CAUTION:** Hot water will increase exotherm during cure.



**4a**

**Without Padding**

For Total Dry Padding Application: Open padding. Remove substrate with gloved hands and activate substrate only with water. After squeezing out excess water replace substrate in padding and close padding.



**5**

Lay splint on a towel, roll snugly and squeeze to remove additional water. Repeat to remove remaining water.



**6**

Place splint on patient and wrap with bandage. Mold splint to patient's limb for 2–4 minutes until splint sets. Monitor patient according to standard procedures.



**7**

Initial set: 3–5 minutes.  
Final set: approximately 15 minutes.

Please refer to the product label and / or package insert for full instructions on the safe use of these products.

## Precautions:

1. The uncured polymer will bond to unprotected skin and clothing. Use gloves if contacting the polymer. Take care to prevent the polymer from touching the patient's skin. If it should come into contact with skin, blot with alcohol or acetone and wash with soap and water before it cures. Cured polymer should flake off the skin after several days.
2. Hot water will increase the exotherm of the splint as it cures. Instruct the patient that the splint may feel warm as it is being applied and that they should report any burning sensation.
3. The finished splint is water-resistant and can be cleaned by hand washing with mild detergent. To dry, blot with a towel and then use a hairdryer. Advise the patient not to wear the splint when it is wet as moisture may cause skin irritation.
4. Care should be taken in handling the foil pouch as punctures will result in premature hardening of the splint material. Store in a cool, dry, location.

## Caution:

Before this product is activated; it contains isocyanates which have the potential to cause respiratory problems in some individuals. To reduce this potential, it is recommended that this product is applied in a well ventilated area. For further information please consult Material Safety Data sheet available from Essity.

# Tips for Better Splinting

1. Always use cool, clean water.
2. Make sure splint is smooth when placing on patient.
3. Smooth the splint on without squeezing. To mold the splint, use your palms not your fingertips.
4. Simply roll the bandage on the extremity without tension. Overwrapping a splint could lead to circulation and breathability complications.
5. Protect or pad edges of a splint.
6. Leave finger tips exposed to check for circulation.
7. Patient should stay still until the heat subsides from the splint to allow for proper setup.
8. Additional padding may be used for bony prominences or at a clinician's preference.
9. Pre and post splint checks are imperative. Use this formula: F-A-C-T-S - check for:
  - F**unction
  - A**rterial pulse
  - C**apillary Refill
  - T**emperature-skin
  - S**ensation
10. Note on chart patient response to splint treatment
11. Patient discharge instructions:
  - Review F-A-C-T-S (#9) for patient to monitor. Patient should not remove splint unless OK'd by physician.
  - Protect splint from getting wet unless directed by physician.
  - Review R-I-C-E Instructions:  
Rest / Ice / Compression / Elevation

# Finger Splint

## POSSIBLE INDICATIONS

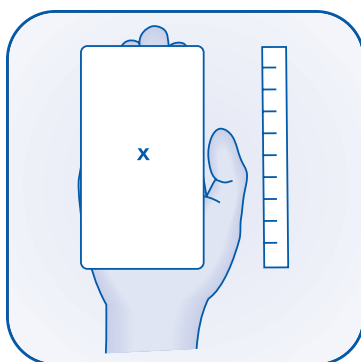
- Finger Fractures
- Finger Lacerations
- Strains

## RECOMMENDED WIDTH

- 5, 7.5 or 10 cm for most patients

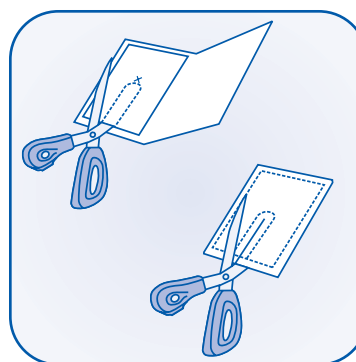
## POSITION OF FUNCTION

- Place in flexion (position of function).\*



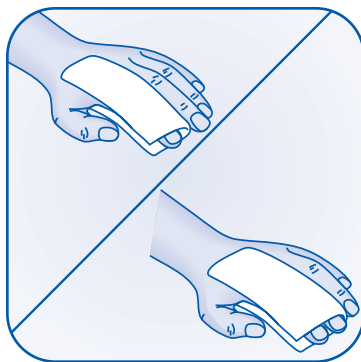
**1**

Measure from the tip of the injured finger to 2.5–5 cm from wrist joint. Hold the splint up to patient's hand and measure the length of the injured finger. Mark the spot with a pinch at the web space (x).



**2**

Open padding and cut out a 2.5 cm wide strip up the center of the substrate up to the pinch. Close padding and cut up center, leaving a margin of padding on either side.



**3**

Activate the splint as per the Preparation Guidelines on page 4. Slide the "trouser legs" next to the injured finger, with one "leg" on each side of the hand. Fold the entire splint in one direction, capturing the injured finger. Fingers may be 'buddied' together for additional support. Pad between fingers enclosed by splint.



**4**

Wrap with bandage to secure the splint. Mold and position as prescribed by physician.

\*Always position as prescribed by the physician.

Please refer to the product label and / or package insert for full instructions on the safe use of these products.

# Finger Strip

## POSSIBLE INDICATIONS

- Finger Fractures
- Finger Lacerations
- Sprains / Strains

## RECOMMENDED WIDTH

- 2.5 or 5 cm if including 2 or more fingers in splint

## POSITION OF FUNCTION

- Place in flexion (position of function).\*



**1**

Measure from just past the tip of the involved finger to the base of the metacarpal.



**2**

If support of the metacarpal is desired, measure to base of the thumb. Cut desired length.



**3**

Activate the splint as per the Preparation Guidelines on page 4. Apply to injured finger.



**4**

Wrap with bandage. Mold and position as prescribed by physician.

\*Always position as prescribed by the physician.

Please refer to the product label and / or package insert for full instructions on the safe use of these products.

# Finger Protector

With Window (Optional)

## POSSIBLE INDICATIONS

- 2nd, 3rd or 4th Metacarpal Fractures
- Flexor Tendon Repairs or Extensor Tendon
- Crushing Injuries
- Lacerations

## RECOMMENDED WIDTH

- 2.5 cm Single Finger Injuries
- 5 cm Two Finger Injuries
- 7.5 cm Three Finger Injuries
- 10 cm Four Finger Injuries

## POSITION OF FUNCTION

- Depending on the injury, the physician may want the injury in extension or 45 degrees flexion.\*



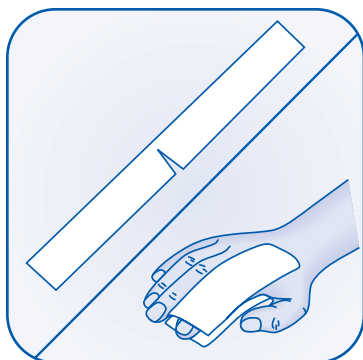
**1**

Measure from dorsal side of hand, go over the involved finger down the volar side. Length of splint is dependent upon extent of injury and physician's preference. Activate the splint as per the Preparation Guidelines on page 4.



**2**

Apply splint enclosing finger if desired (if finger tip is injured). Make sure wrist flexion is possible if wrist is not involved.



**3**

(For window) At half point of splint, cut towards taped side, leaving edge of padding intact. Slide splint on finger, leaving fingernail exposed to check for circulation.



**4**

Wrap with bandage. Mold and position as prescribed by physician. (Hint: Normally, flex metacarpals to 45° and wrist to 20° extension then tapedown.)

\*Always position as prescribed by the physician.

Please refer to the product label and / or package insert for full instructions on the safe use of these products.

# Figure-8 Thumb

## POSSIBLE INDICATIONS

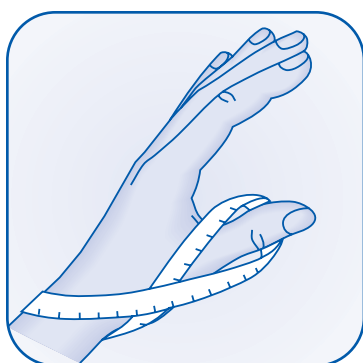
- Skier's / Game Keeper's Thumb
- UCL Sprain

## RECOMMENDED WIDTH

- 2.5 cm Width

## POSITION OF FUNCTION

- Place in thumb / finger opposition.\*



**1**

To measure length, use a measuring tape. Wrap tape around the thumb and overlap the end around base of the bony prominence of the wrist (also known as the styloid process of the ulna) in a Figure-8 fashion.



**2**

Cut this length of material (should be approximately 35.5 – 40.5 cm). Center splint on the web space, crossing over the dorsal of thumb in a Figure-8 fashion and overlapping the cut edges around the styloid process of the ulna. Activate the splint as per the Preparation Guidelines on page 4.



**3**

Wrap with a small bandage, overlapping in a Figure-8 formation. Mold and position as prescribed by physician.

\*Always position as prescribed by the physician.

Please refer to the product label and / or package insert for full instructions on the safe use of these products.

# Thumb Spica

## POSSIBLE INDICATIONS

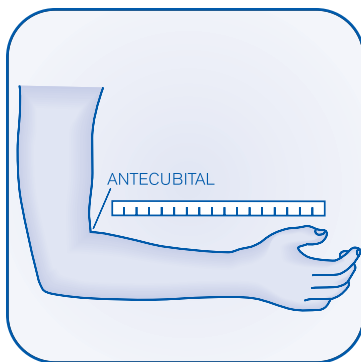
- Navicular / Scaphoid Fractures
- Thumb Dislocations
- Ulnar Collateral Ligament Sprains
- Tendinitis

## RECOMMENDED WIDTH

- 7.5 cm for most patients, 10 cm for large patients

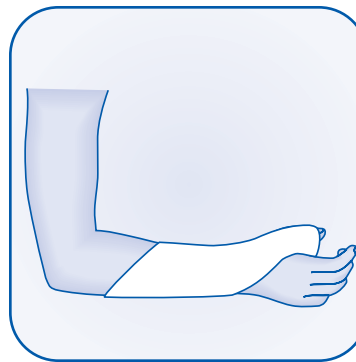
## POSITION OF FUNCTION

- Place the thumb in a functional position with the wrist in approximately 30 degrees extension and allow thumb and index finger opposition.\*



**1**

Measure from the tip of the thumb to 5 cm from the antecubital. Activate the splint as per the Preparation Guidelines on page 4.



**2**

Apply the splint by placing one end at the tip of the thumb and spiraling the rest over the dorsal aspect of the hand and arm.

Optional: When applying splint place one end at tip of thumb and continue along the radial aspect of forearm making a straight line.



**3**

Wrap by starting at the wrist and making two Figure-8 wraps around the thumb.



**4**

Mold and position as prescribed by physician.

\*Always position as prescribed by the physician.

Please refer to the product label and / or package insert for full instructions on the safe use of these products.

# Thumb & Wrist Immobilizer

## POSSIBLE INDICATIONS

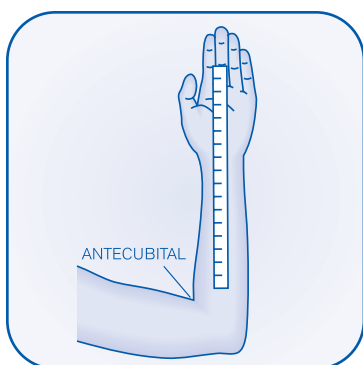
- Scaphoid Fractures
- Carpal Tunnel
- Proximal Hand, Thumb Injuries / Strains

## RECOMMENDED WIDTH

- 10 or 12.5 cm for most patients

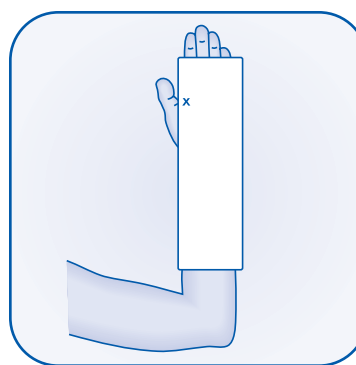
## POSITION OF FUNCTION

- Position the wrist at 20 degrees extension and place the thumb and finger in opposition.\*



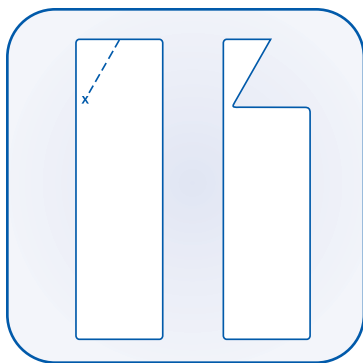
**1**

Measure from the PIP joint to 5 cm below the antecubital.



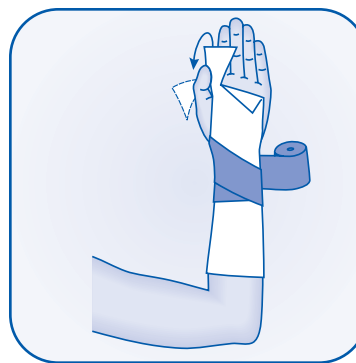
**2**

Place on patient's hand at the PIP and down the arm. Pinch or mark at the web space of thumb.



**3**

Cut down from the center end of splint at an oblique angle towards your pinch. Then cut away that corner leaving the thumb portion. Stretch padding or tape over cut edges. Activate the splint as per the Preparation Guidelines on page 4.



**4**

Place splint on the patient. Wrap the thumb portion of the splint starting at the web space and wrap around the thumb. Anchor splint at wrist with bandage and continue around thumb and down the arm. Position as prescribed by physician.

\*Always position as prescribed by the physician.

Please refer to the product label and / or package insert for full instructions on the safe use of these products.

# Volar Splint

## POSSIBLE INDICATIONS

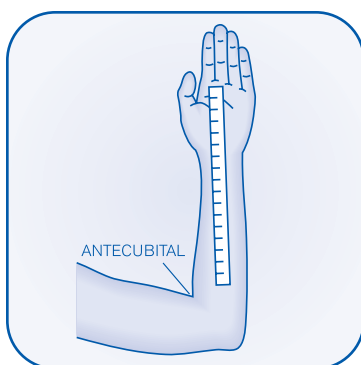
- Wrist Sprains
- Carpal Tunnel Syndrome
- Lacerations
- Night Splints

## RECOMMENDED WIDTH

- 7.5 or 10 cm for most patients

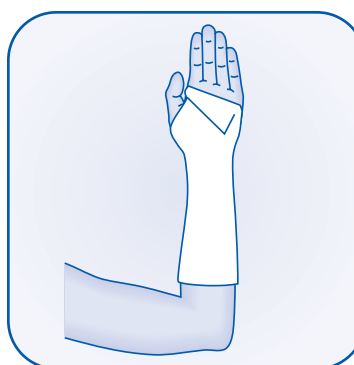
## POSITION OF FUNCTION

- Position the wrist at neutral to 20 degrees extension. Allow free motion of all fingers and thumb.\*



**1**

Measure from 2.5 cm above the palmar crease to 5 cm from the antecubital. Activate splint as per standard preparation guidelines.



**2**

Fold one edge of the splint over 2.5 cm. Place fold at the angle of the palmar crease (follow the life line). Activate splint as per standard preparation guidelines.



**2a** Optional

Cut distal end of splint at angle to follow palmar crease. Activate the splint as per the Preparation Guidelines on page 4.

**2b** Optional

To allow for increased range of motion around thumb open up padding and cut substrate in a half moon shape. Close padding and then likewise make similar but smaller half moon cut along padding.



**3**

Wrap with bandage to secure the splint. Mold and position as prescribed by physician.

\*Always position as prescribed by the physician.

Please refer to the product label and / or package insert for full instructions on the safe use of these products.

# Dorsal Splint

## POSSIBLE INDICATIONS

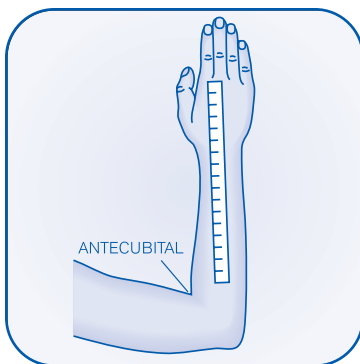
- Wrist Fractures
- Tendon Repairs
- Lacerations

## RECOMMENDED WIDTH

- 7.5 or 10 cm for most patients

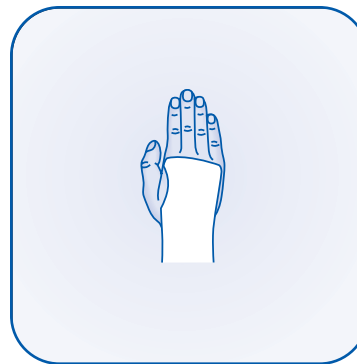
## POSITION OF FUNCTION

- Position at neutral or resting position. Slight extension (20 degrees) may be used. Allow for range of motion of digits not being immobilized.\*



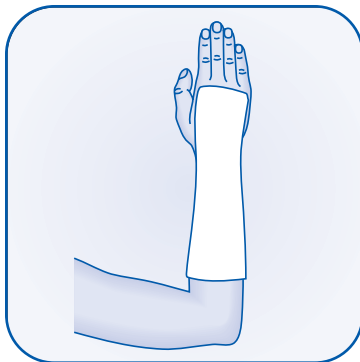
**1**

Measure from base of metacarpals on back of hand to 5 –7.5 cm from antecubital. Prepare splint as directed.



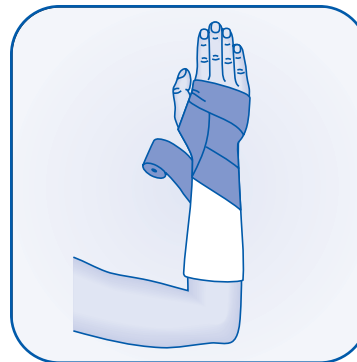
**2**

Splint may be trimmed to allow for complete range of motion of the thumb. Open padding, trim substrate at taped edge in a curve. Be sure padding covers all exposed edges.



**3**

Place on dorsal side of hand. Allow for flexion of fingers. Activate the splint as per the Preparation Guidelines on page 4.



**4**

Secure with bandage, anchoring at the wrist and proceeding around the palm, working distal to proximal down the splint. Mold and position as prescribed by physician.

\*Always position as prescribed by the physician.

Please refer to the product label and / or package insert for full instructions on the safe use of these products.

# Volar Dorsal

## POSSIBLE INDICATIONS

- Severe Wrist Sprain
- Forearm Fracture

## RECOMMENDED WIDTH

- 7.5 or 10 cm for most patients

## POSITION OF FUNCTION

- Position the wrist at neutral to 20 degrees.\*



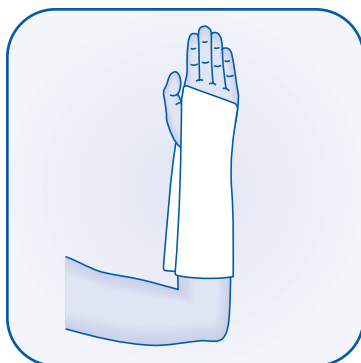
**1**

Measure from 2.5 cm above the palmar crease to 5 cm from the antecubital. Double this measurement and cut desired length. Stretch padding over exposed edges.



**2**

At the center point of splint, open the padding at the taped edge and cut substrate in half. Close back up and pull both ends of splint to stretch padding at center point about 3.75 cm. Wet splint and make final cut at center, leaving one edge intact.



**3**

Place splint on the volar and dorsal side of palm and arm using the hinged edge anchored at the web space of thumb.



**4**

Secure with bandage, anchoring at the wrist and proceeding around the palm, working distal to proximal down the splint. Mold and position as prescribed by physician.

\*Always position as prescribed by the physician.

Please refer to the product label and / or package insert for full instructions on the safe use of these products.

# Teardrop Splint

## POSSIBLE INDICATIONS

- 2nd & 3rd Metacarpal Fractures
- Flexor Tendon Repairs or Extensor Tendon
- Crushing Injuries
- Lacerations

## RECOMMENDED WIDTH

- 10 or 12.5 cm for most patients
- 15 cm for whole hand

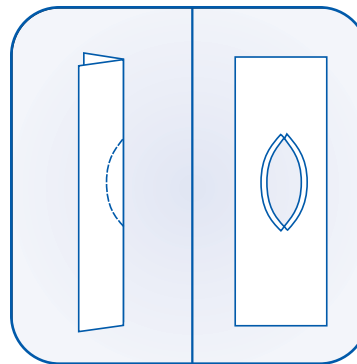
## POSITION OF FUNCTION

- Flex metacarpals in 45–70 degree angle and wrist in 20 degrees extension. You may want to use tape to maintain position while setting up.\*



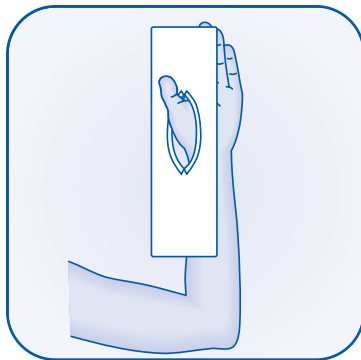
**1**

Measure from tip of 3rd finger to 5 cm below the antecubital.



**2**

Fold splint in half lengthwise and locate the middle. Cut a 6.35 cm hole for thumb. Tape the edges. Activate the splint as per the Preparation Guidelines on page 4.



**3**

Place thumb through the hole and fold over injured fingers. Pad in between fingers. Wrap with bandage.



**4**

Mold and position as prescribed by physician. (Hint: Normally, flex metacarpals to 40° and wrist to 20° extension then tape down.)

\*Always position as prescribed by the physician.

Please refer to the product label and / or package insert for full instructions on the safe use of these products.

# Boxer & Gutter Splint

(4th–5th Metacarpal Splint)

## POSSIBLE INDICATIONS

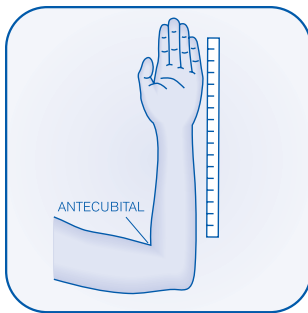
- 5th Metacarpal Fractures
- 4th Metacarpal Fractures

## RECOMMENDED WIDTH

- 10 or 12.5 cm for most patients

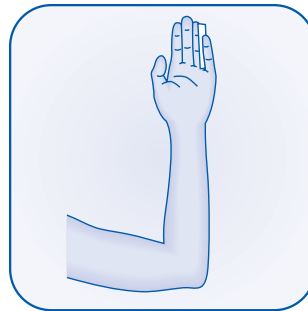
## POSITION OF FUNCTION

- Position the wrist at 20 degrees extension, and the MCP joint at 45–70 degrees flexion, depending on the injury.\*



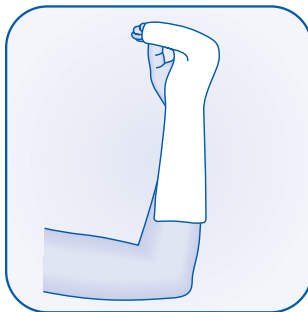
**1**

Measure from the tip of the fifth finger to 5 cm from the ante-cubital. Activate the splint as per the Preparation Guidelines on page 4.



**2**

Place padding between the fourth and fifth fingers.



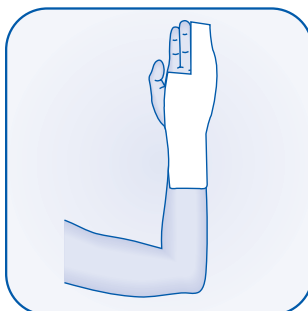
**3**

Apply the splint to the ulnar side of the hand, creating a gutter.



**4**

Wrap with bandage to secure the splint. Mold and position as prescribed by physician.



**5**

**Optional Cut-Out**

Immobilization across palmar crease. Use wider splint and apply cut-out area over non-affected fingers.

\*Always position as prescribed by the physician.

Please refer to the product label and / or package insert for full instructions on the safe use of these products.

# Reverse Sugar Tong

## POSSIBLE INDICATIONS

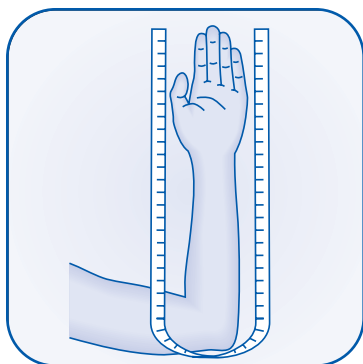
- Colles' Fracture
- Forearm Fracture

## RECOMMENDED WIDTH

- 7.5 or 10 cm for most patients

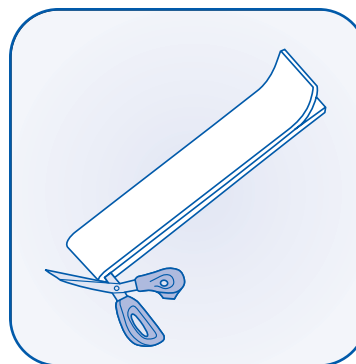
## POSITION OF FUNCTION

- Position the wrist at neutral and the elbow flexed at 90 degrees.\*



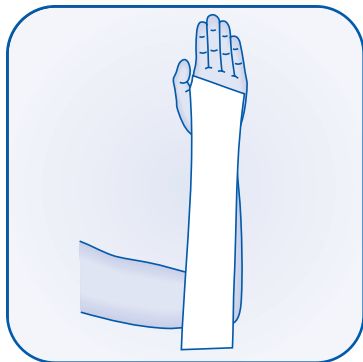
**1**

Measure from behind the elbow coming up both sides of the arm to the tips of the fingers.



**2**

Fold the splint in half. Cut across the splint at the fold leaving approximately 1.25 cm attached. Pad the edges with tape. Activate the splint as per the Preparation Guidelines on page 4.



**3**

Place the splint on the patient's arm by sliding the cut section over the fingers, with the attached section in the web space, between the thumb and forefinger.



**4**

Wrap with bandage to secure the splint. At the elbow, fold one side of the excess material behind the elbow and overlap with the other side. Lock in place with a series of Figure-8 wraps.

\*Always position as prescribed by the physician.

Please refer to the product label and / or package insert for full instructions on the safe use of these products.

# Elbow Splint

## POSSIBLE INDICATIONS

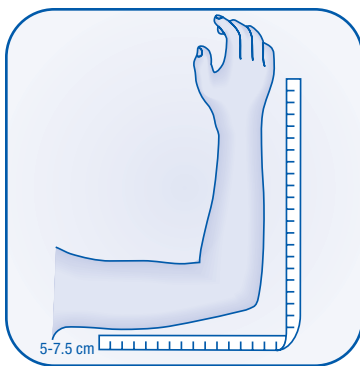
- Supracondylar Fractures
- Elbow Sprains / Strains

## RECOMMENDED WIDTH

- 10 or 12.5 cm for most patients

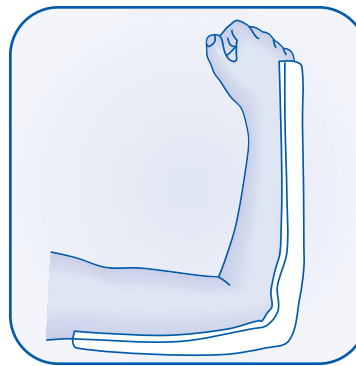
## POSITION OF FUNCTION

- Position the wrist at neutral and the elbow at 90 degrees.\*



**1**

Measure from 5 – 7.5 cm from the axilla to the base of the fifth metacarpal. Activate the splint as per the Preparation Guidelines on page 4. Roll twice in a towel.



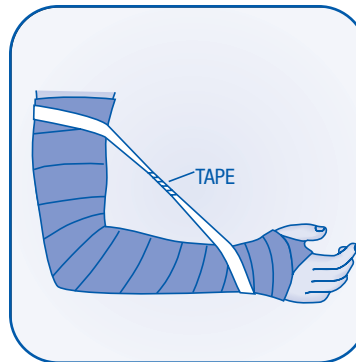
**2**

Apply the splint to the patient. Before wrapping the elbow, overlap the corners of the splint to make a dart. Take care not to push in and cause a pressure point.



**3**

Wrap with bandage to secure the splint. Wrap once in the web space to prevent splint from sliding down. Mold and position as prescribed by physician.



**4**

**Tip:** To hold the patient in position use the taping technique: attach one end at the base of the fifth metacarpal, continue in a Figure-8 up and around the top of the splint at the axilla. Twist the tape where it crosses. Apply an arm sling and adjust.

\*Always position as prescribed by the physician.

Please refer to the product label and / or package insert for full instructions on the safe use of these products.

# Dorso-Lateral Elbow Splint

## POSSIBLE INDICATIONS

### Post-Traumatic:

- Radial Head Fractures (Physician may request that position be in supination)
- Non-Displaced Midshaft Humerus Fractures
- Elbow Strains and Sprains
- Occult Olecranon Fractures

### Post-Operative:

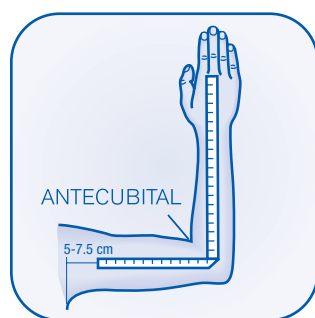
- Occult Olecranon Fractures
- Bicep Tendon Repair
- Ulnar Nerve Transposition

## RECOMMENDED WIDTH

- 5 cm Child
- 7.5 cm Adult
- 10 cm XLarge Adult

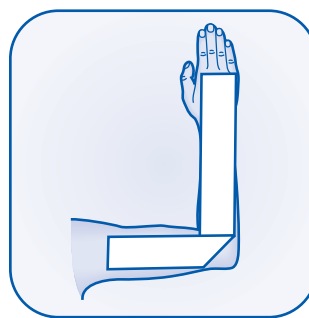
## POSITION OF FUNCTION

- Position the wrist at neutral and the elbow at 90 degrees unless otherwise instructed.\*



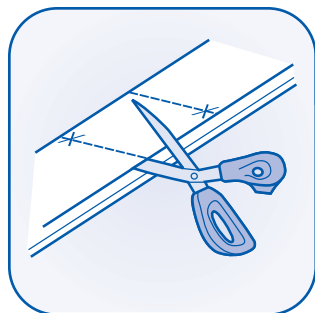
**1**

Measure from 5 – 7.5 cm distal to the axillary region to the metacarpal heads dorsally. Cut off amount of product needed and stretch padding over exposed edges.



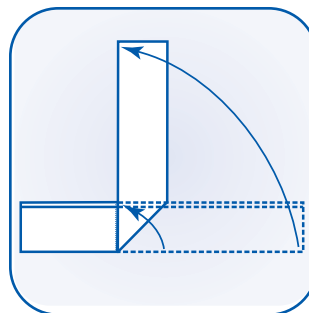
**2**

Place dry Dynacast® Prelude slab on patient, positioned the same way (measured). Mark with a pen at the two edges where the splint overlaps. Fold the material at the elbow to achieve a 90° angle.



**3**

Cut and remove the top layer of padding between pen marks, creating a square of exposed substrate where the material was folded.



**4**

Wet along the length of the entire splint. Remove water in usual manner by squeezing in a towel twice, refold, creating a triangle of substrate on the elbow.



**5**

Activate the splint as per the Preparation Guidelines on page 4. Reposition Dynacast® Prelude on extremity. Secure the splint entirely with anbandage, working distal to proximal.



**6**

Use Figure-8 taping method to hold the position of the splint. Tape can be removed and replaced by a sling for patient comfort.

\*Always position as prescribed by the physician.

# Coaptation Splint

(Humeral)

## POSSIBLE INDICATIONS

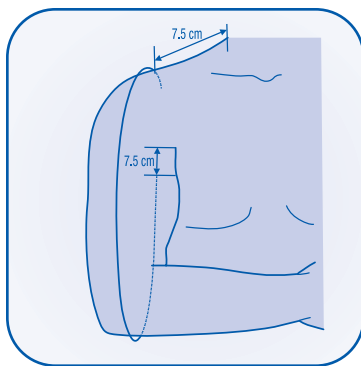
- Midshaft Humeral Fracture

## RECOMMENDED WIDTH

- 5 cm Pediatric
- 7.5 cm Adolescent / Adult

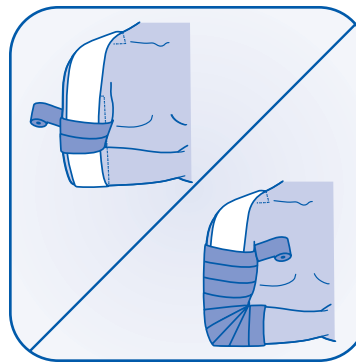
## POSITION OF FUNCTION

- Position the wrist at neutral and the elbow at 90 degrees unless otherwise instructed.\*



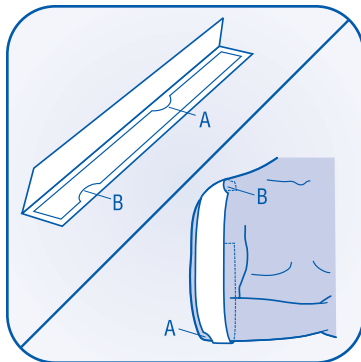
**1**

Measure from 5 - 7.5 cm under the axilla (armpit), up around the elbow and over the humerus so that the end of the splint covers the top of the shoulder but doesn't dig into the neck. Cut appropriate length. Activate the splint as per the Preparation Guidelines on page 4.



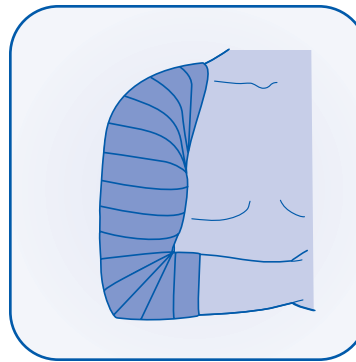
**2**

Apply splint to arm. Begin wrapping at bicep, capture the elbow and continue wrapping distal to proximal up the humerus.



**3**

If desired, padding may be opened and substrate trimmed for patient comfort.



**4**

Mold and position as prescribed by physician, maintaining a 90 degree angle of the elbow. To ensure a good fit over the shoulder, maintain arm close to body.

\*Always position as prescribed by the physician.

Please refer to the product label and / or package insert for full instructions on the safe use of these products.

# Coaptation Splint

## using Actimove® Sling on a Roll (Humeral)

### POSSIBLE INDICATIONS

- Midshaft Humeral Fracture
- Shoulder Immobilizer

### RECOMMENDED WIDTH

- 5 cm Pediatric
- 7.5 cm Adolescent / Adult
- 10 cm Adult
- 12.5 cm Large Adult

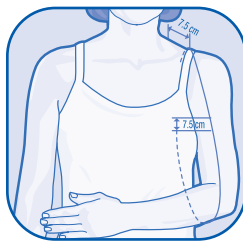
### POSITION OF FUNCTION

- Position the wrist at neutral and the elbow at 90 degrees unless otherwise instructed.\*



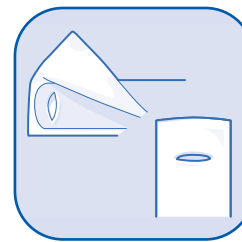
**1**

Measure sling starting from the head of the humerus, looping around the neck & opposite shoulder. Cut sling allowing for enough length to secure at wrist. The provided 2 hook Y-tabs will be applied later.



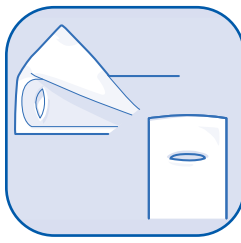
**2**

Measure, cut & trim proper length of Dynacast® Prelude / Delta-Cast® Prelude splint as directed in Education Training Manual – "Coaptation (Humeral) Splint".



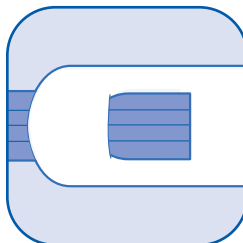
**3**

Open Dynacast® Prelude / Delta-Cast® Prelude padding at proximal end of splint (the end placed of the shoulder) and cut approximately a 5 cm long slit in the substrate about 0.5 cm wide, leaving the edges of the substrate intact.



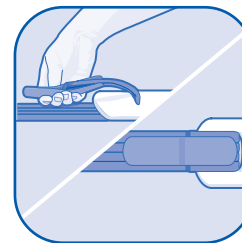
**4**

Close padding, cut slit in padding in the middle of the substrate cut and prepare Dynacast® Prelude / Delta-Cast® Prelude as directed.



**5**

Pull the Actimove® sling through the proximal slit that has been cut in the Dynacast® Prelude / Delta-Cast® Prelude splint.



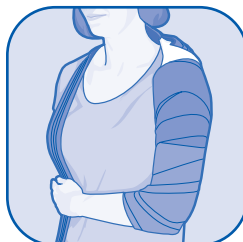
**6**

Attach Y-tab to sling end and loop to close.



**7**

Place splint with attached sling on top of shoulder making sure to pull far enough up the shoulder, but so that splint does not irritate the neck. Wrap splint as directed with bandage and mold.



**8**

Bring sling around opposite shoulder and position between body and wrist.



**9**

Attach second Y-tab to end of sling and loop around wrist to close. Adjust tab raising hand slightly if required to help reduce swelling.

\*Always position as prescribed by the physician.

Please refer to the product label and / or package insert for full instructions on the safe use of these products.

# Knee Immobilizer

## POSSIBLE INDICATIONS

- Knee Injuries and Sprains
- Post-op Knee Surgery

## RECOMMENDED WIDTH

- 7.5 cm Pediatric
- 10 cm Child, Small Adult
- 12.5 cm Adult
- 15 cm Large Adult

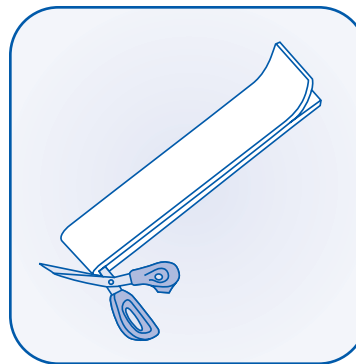
## POSITION OF FUNCTION

- The physician will want to splint the knee fully extended if possible, but for proper gait / crutch walking 15 degrees flexion at the knee may be necessary.\*



**1**

Measure 20.25 – 25.5 cm above and below the patella, then double it (approximately 81.25 cm). Size down for smaller patients.



**2**

Fold the splint in half. Cut across the splint at the fold leaving approximately 1.25 cm attached. Stretch padding as directed over exposed edges. Activate the splint as per the Preparation Guidelines on page 4.



**3**

Place padded hinge on the anterior side of the calf and place the splint on the medial and lateral sides of the leg.



**4**

Wrap bandage from distal to proximal. Mold and position as prescribed by physician.

\*Always position as prescribed by the physician.

Please refer to the product label and / or package insert for full instructions on the safe use of these products.

# Ankle Stirrup

## POSSIBLE INDICATIONS

- Ankle Sprain / Strain
- Shin Splints
- Hair Line Fractures

## RECOMMENDED WIDTH

- 5, 7.5 or 10 cm Width:
  - 5 cm Child
  - 7.5 cm Adult
  - 10 cm XLarge Adult

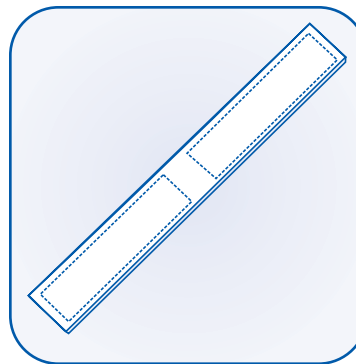
## POSITION OF FUNCTION

- The foot should be flexed at a 90 degree angle, unless otherwise directed.\*



**1**

Measure from medial to lateral and under the heel of the foot. This measurement should begin and end approximately 5 cm below the patellar. Reduce the length for less severe sprains.



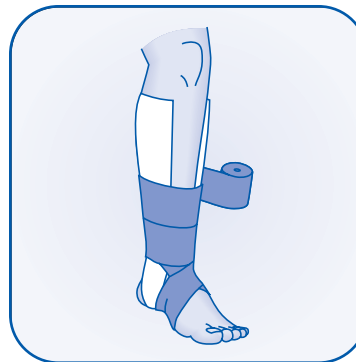
**2**

Fold in half. Open up padding at center crease and cut the substrate only. Close and stretch padding, creating a 5 cm gap for the heel to be placed.



**3**

Activate the splint as per the Preparation Guidelines on page 4 and apply stirrup centering on medial and lateral side of leg. Anchor stirrup with bandage just above the ankle.



**4**

Wrap around the heel and across the talus bone in a Figure-8 fashion several times and then proceed with bandage up the leg, working distal to proximal and over-lapping bandage halfway as you wrap the leg.

\*Always position as prescribed by the physician.

Please refer to the product label and / or package insert for full instructions on the safe use of these products.

# Posterior Ankle

## (Darted)

See below notes for Long Leg Splint  
Application for the following indications

- High Ankle Sprains
- Proximal Third Tibia/Fibula Fractures
- Comminuted Fractures

Optional: add ankle stirrup / Cadillac for greater support

Additionally use and apply a Long Leg Splint for the following indications  
\*High Ankle Sprains \*Proximal Third Tibia/Fibula Fractures \*Comminuted Fractures of the lower leg

Recommended Width: 10 or 12.5 cm for most patients

Position of Function:

Knee flexed to 15 to 30 degrees. Ankle in 90 degrees (neutral), unless otherwise instructed

Measure 7.5 cm proximal to the gluteal fold to 5 cm beyond the toes  
Fold splint 2.5 cm under the toes to make reinforcing toe plate. Start wrap at toes wrapping pass foot, knee to upper thigh covering entire leg splint.

Place beathable pillow/ knee bump at popliteal space to maintain knee flexion.  
Mold and position splint as prescribed by physician.

\* Optional: add ankle stirrup for greater support

## POSSIBLE INDICATIONS

- Distal Tib / Fib Fractures
- Ankle Sprains
- Achilles Tendon Tears
- Metatarsal Fractures

## RECOMMENDED WIDTH

- 10 or 12.5 cm for most patients

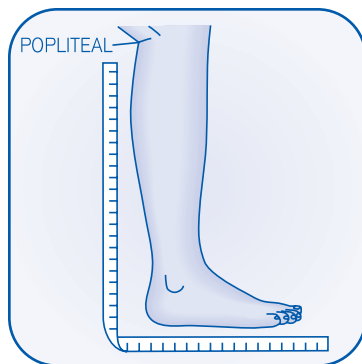
## POSITION OF FUNCTION

- Position with the ankle at 90 degrees (neutral), unless otherwise instructed.\*

## Optionally for the Long Leg Splint:

Knee flexed to 15 to 30 degrees

Ankle in 90 degrees (neutral), unless otherwise instructed



1

Measure from 5 cm below the popliteal to 5 cm beyond the toes. Prepare the splint as directed. Roll twice in a towel.

Measure 7.5 cm proximal to the gluteal fold to 5 cm beyond the toes. Fold splint 2.5 cm under the toes to make reinforcing toe plate. Start wrap at toes wrapping pass foot, knee to upper thigh covering entire leg splint.



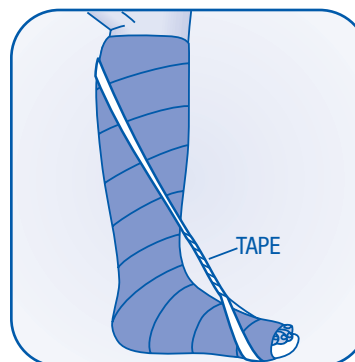
2

Fold the splint under 2.5 cm at the toes to make a reinforcing toe plate. Place the splint under the foot, extending slightly beyond the toes and wrap as follows: start at the toes, work up the foot, skip the ankle and wrap behind the achilles.



3

Below the malleolus, overlap corners of the splint. Take care not to push in and cause a pressure point.



4

Wrap the heel and continue wrapping the rest of the leg. Mold and position as prescribed by physician.  
**Tip:** To hold position, wrap splint with Figure-8 taping technique.

\*Always position as prescribed by the physician.

Please refer to the product label and / or package insert for full instructions on the safe use of these products.

# Reinforced Posterior Leg Splint

(Folded)

## POSSIBLE INDICATIONS

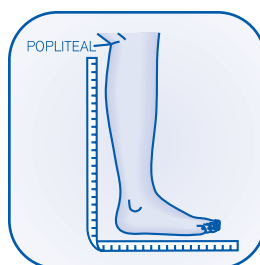
- Severe Ankle Sprain / Strain
- Metatarsal Fractures
- Hair Line Fractures
- Distal Tibia / Fibula Fractures
- Non Displaced Ankle Fracture

## RECOMMENDED WIDTH

- 7.5 cm Pediatric
- 10 or 12.5 cm Adolescent / Small Adult
- 15 cm Large Adult

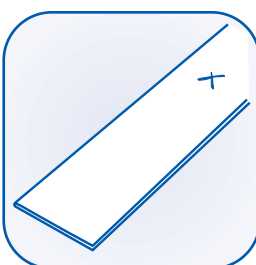
## POSITION OF FUNCTION

- Position with the ankle at 90 degrees (neutral), unless otherwise instructed.\*



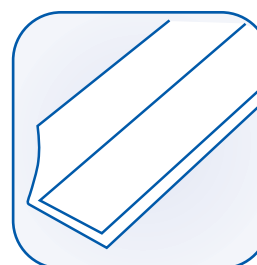
1

Measure from 5 cm below the popliteal to the end of toes or to 5 cm beyond the toes for optional toe plate. Cut material needed and remove from foil sleeve.



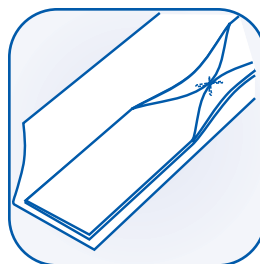
2

Measure from toe to heel base and mark where heel would rest on splint.



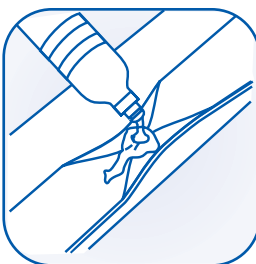
3

Open padding at taped edge the entire length, exposing the substrate.



4

Fold substrate material in at heel base to center seam to form a 15 cm crescent (approximately 7.5 cm above and below heel center mark).



5

Apply water directly on substrate especially at crescent fold. This will allow for maximum lamination of substrate layers.



6

Smooth down crescent folds with gloved hands to laminate the layers of substrate.



7

Close padding and smooth splint one last time before applying.



8

Fold the splint under 2.5 cm at the toes to make a toe plate (optional). Place the splint under the foot, extending from the toes and smooth splint on before securing splint with bandage.



9

Mold and position as prescribed by physician.  
**Tip:** To hold position, wrap splint with Figure-8 taping technique.

\*Always position as prescribed by the physician.

Please refer to the product label and / or package insert for full instructions on the safe use of these products.

# Reinforced Posterior Leg Splint

(Butterfly)

## POSSIBLE INDICATIONS

- Severe Ankle Sprain / Strain
- Metatarsal Fractures
- Hair Line Fractures
- Distal Tibia / Fibula Fractures
- Non Displaced Ankle Fracture

## RECOMMENDED WIDTH

- 7.5 cm Pediatric
- 10 or 12.5 cm Adolescent / Small Adult
- 15 cm Large Adult

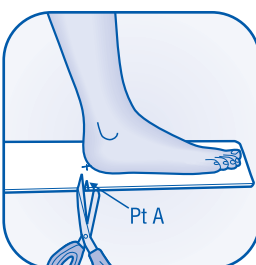
## POSITION OF FUNCTION

- Position with the ankle at 90 degrees (neutral), unless otherwise instructed.\*



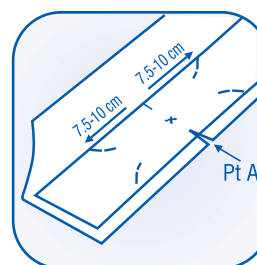
**1**

Measure from 5 cm below the popliteal to the end of toes or to 5 cm beyond the toes for optional toe plate. Cut material needed and remove from foil sleeve.



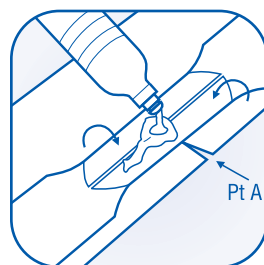
**2**

At base of heel (Pt A) snip padding to mark 90° angle.



**3**

Open padding and cut substrate from 7.5–10 cm either side of Pt A marked.



**4**

Wet substrate and fold the "butterfly" in towards center seam (x) at a curve. This creates a reinforced yet open area.



**5**

Close padding and apply to patient. Be sure to place reinforced side **away** from patient to avoid pressure points.



**6**

Wrap distal to proximal. Mold and position as prescribed by physician. Ensure that toes are not constricted.

### Advantages of the Reinforced Splint:

1. Added strength when folded in half.
2. When wrapping, you no longer have to worry about bulky substrate material to fold around the heel due to it being eliminated by the crescent fold over.

\*Always position as prescribed by the physician.

Please refer to the product label and / or package insert for full instructions on the safe use of these products.

# Cadillac

(Stirrup/Posterior Combo)

## POSSIBLE INDICATIONS

- Severe Ankle Sprain / Strain
- Metatarsal Fractures
- Hair Line Fractures
- Distal Tibia / Fibula Fractures
- Non Displaced Ankle Fracture

## RECOMMENDED WIDTH

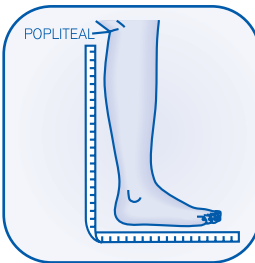
- Stirrup 5, 7.5 or 10 cm
  - 5 cm Pediatric
  - 7.5 cm Adult
  - 10 cm XLarge Adult
- Posterior 7.5, 10, 12.5 or 15 cm
  - 7.5 cm Pediatric
  - 10 or 12.5 cm Adolescent/Small Adult
  - 15 cm Large Adult

## POSITION OF FUNCTION

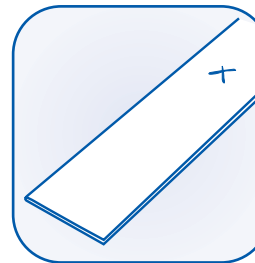
- Position with the ankle at 90 degrees (neutral), unless otherwise instructed.\*



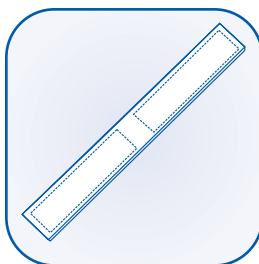
**1**  
**Stirrup**  
Measure from medial to lateral and under the heel of the foot. This measurement should begin and end approximately 5 cm below the patellar.



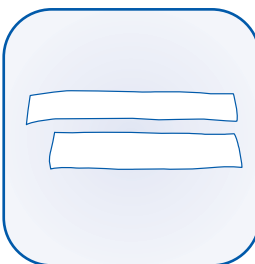
**2**  
**Posterior**  
Measure from 5 cm below the popliteal to the end of the toes or to 5 cm beyond the toes for optional toe plate. Cut material needed and remove from foil sleeve.



**3**  
**Posterior**  
Measure from toe to heel base and mark where heel would rest on splint.



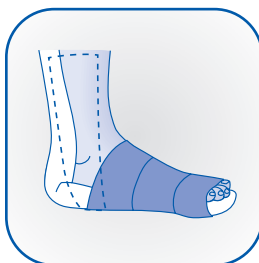
**4**  
Fold in half. Open up padding at center crease and cut the substrate only. Close and stretch padding, creating a 5 cm gap for the heel to be placed.



**5**  
You should have two separate splints. No extra cuts needed for posterior splint.



**6**  
Wet both splints and dry in towel. Position both splints under the foot.



**7**  
Wrap with bandage to secure splint. Start at the toes and proceed up the leg wrapping distal to proximal covering both splints. Below the malleolus, overlap corners of the splint. Take care not to push in and cause a pressure point.



**8**  
Wrap bandage in figure of 8 around ankle and continue with 50% overlap to proximal end of splint.



**9**  
Mold and position as prescribed by physician. **Tip:** To hold position, wrap splint with Figure-8 taping technique.

\*Always position as prescribed by the physician.

Please refer to the product label and / or package insert for full instructions on the safe use of these products.

**DYNACAST® PRELUDE ROLL FORMAT**

Order Code	Product Description	Colour	Unit of Measure
7141500	DYNACAST® PRELUDE 10 cm x 4.6 m	—	1 ea / box
7141600	DYNACAST® PRELUDE 12.5 cm x 4.6 m	—	1 ea / box
7141700	DYNACAST® PRELUDE 15 cm x 4.6 m	—	1 ea / box
7141800	DYNACAST® PRELUDE 2.5 cm x 4.6 m	—	1 ea / box
7142000	DYNACAST® PRELUDE 5 cm x 4.6 m	—	1 ea / box
7142100	DYNACAST® PRELUDE 7.5 cm x 4.6 m	—	1 ea / box

**DYNACAST® PRELUDE PRE-CUT SPLINTS**

Order Code	Product Description	Colour	Unit of Measure
4722200	DYNACAST® PRELUDE 7.5 cm x 30 cm	—	5 ea / box
4722300	DYNACAST® PRELUDE 7.5 cm x 40 cm	—	5 ea / box
4722400	DYNACAST® PRELUDE 10 cm x 30 cm	—	5 ea / box
4722500	DYNACAST® PRELUDE 10 cm x 40 cm	—	5 ea / box
4722600	DYNACAST® PRELUDE 10 cm x 76 cm	—	4 ea / box
4722700	DYNACAST® PRELUDE 12.5 cm x 65 cm	—	4 ea / box
4723500	DYNACAST® PRELUDE 12.5 cm x 76 cm	—	4 ea / box

**DYNACAST® PRELUDE SOLO - UNPADDED PRE-CUT SPLINTS**

Order Code	Product Description	Colour	Unit of Measure
7296300	DYNACAST® PRELUDE SOLO 5 cm x 25 cm	—	10 ea / box
7296301	DYNACAST® PRELUDE SOLO 7.5 cm x 30 cm	—	10 ea / box
7296302	DYNACAST® PRELUDE SOLO 7.5 cm x 87 cm	—	10 ea / box
7296303	DYNACAST® PRELUDE SOLO 10 cm x 38 cm	—	10 ea / box
7296304	DYNACAST® PRELUDE SOLO 10 cm x 75 cm	—	10 ea / box
7296305	DYNACAST® PRELUDE SOLO 12.5 cm x 75 cm	—	10 ea / box
7296306	DYNACAST® PRELUDE SOLO 15 cm x 30 cm	—	10 ea / box

**DELTA-CAST® PRELUDE**

Order Code	Product Description	Colour	Unit of Measure
7301801	DELTA-CAST PRELUDE 2.5 cm x 4.6 m	—	1 ea / box
7301802	DELTA-CAST PRELUDE 5 cm x 4.6 m	—	1 ea / box
7301803	DELTA-CAST PRELUDE 7.5 cm x 4.6 m	—	1 ea / box
7301804	DELTA-CAST PRELUDE 10 cm x 4.6 m	—	1 ea / box
7301805	DELTA-CAST PRELUDE 12.5 cm x 4.6 m	—	1 ea / box

**DELTA TERRY-NET™ ADHESIVE LINERS & EDGERS**

Order Code	Product Description	Colour	Unit of Measure
54012	DELTA-TERRY-NET ADHESIVE FELT LINER 58 cm x 100 cm	—	1 case
55012	DELTA-TERRY-NET ADHESIVE CLOTH/FOAM PADDING 58 cm x 100 cm	—	1 case
56012	DELTA-TERRY-NET ADHESIVE FLEECE EDGER 3.5 cm x 13.7 m	WHITE	1 ea
58012	DELTA-TERRY-NET ADHESIVE FLEECE EDGER 3.5 cm x 13.7 m	BLUE	1 ea

**DELTA TERRY-NET™ HOOK & LOOP**

Order Code	Product Description	Colour	Unit of Measure
7229500	DELTA-TERRY-NET HOOK 2.5 cm x 9 m	—	1 ea / box
7229501	DELTA-TERRY-NET STRETCH LOOP 5 cm x 9 m	—	1 ea / box
7229502	DELTA-TERRY-NET HOOK 2.5 cm x 13.7 m	—	1 ea / box
7229503	DELTA-TERRY-NET STRETCH LOOP 5 cm x 13.7 m	—	1 ea / box

**ECONO-SAN®**

Order Code	Product Description	Colour	Unit of Measure
4702	ECONO-SAN 5 cm x 4-5 m*	—	12 ea / box
4703	ECONO-SAN 7.5 cm x 4-5 m*	—	1 ea / box
4704	ECONO-SAN 10 cm x 4-5 m*	—	1 ea / box
4706	ECONO-SAN 15 cm x 4-5 m*	—	1 ea / box

\*Stretched

**TERRY-NET™ STOCKINETTE SYNTHETIC**

Order Code	Product Description	Colour	Unit of Measure
7230600	TERRY-NET S STOCKINETTE SYNTHETIC 5 cm x 13.5 m	—	2 case
7230601	TERRY-NET S STOCKINETTE SYNTHETIC 7.5 cm x 13.5 m	—	2 case
7230602	TERRY-NET S STOCKINETTE SYNTHETIC 10 cm x 13.5 m	—	2 case
7230603	TERRY-NET S STOCKINETTE SYNTHETIC 12.5 cm x 13.5 m	—	1 case
7230604	TERRY-NET S STOCKINETTE SYNTHETIC 15 cm x 13.5 m	—	1 case

**TERRY-NET™ THUMB SPICA CAST LINER**

Order Code	Product Description	Colour	Unit of Measure
7230800	TERRY-NET THUMB SPICA CAST LINER 7.5 cm x 41 cm SHORT ARM	—	10 ea / box
7230801	TERRY-NET THUMB SPICA CAST LINER 7.5 cm x 48 cm LONG ARM	—	10 ea / box
7230802	TERRY-NET THUMB SPICA CAST LINER 5 cm x 41 cm SHORT ARM	—	10 ea / box
7230803	TERRY-NET THUMB SPICA CAST LINER 5 cm x 48 cm LONG ARM	—	10 ea / box

**DELTA-NET® / PROTOUCH® SYNTHETIC STOCKINETTE**

Order Code	Product Description	Colour	Unit of Measure
7230700	DELTA-NET SYNTHETIC STOCKINETTE 5 cm x 22.75 m	WHITE	1 ea / box
7230701	DELTA-NET SYNTHETIC STOCKINETTE 7.5 cm x 22.75 m	WHITE	1 ea / box
7230702	DELTA-NET SYNTHETIC STOCKINETTE 10 cm x 22.75 m	WHITE	1 ea / box
7230703	DELTA-NET SYNTHETIC STOCKINETTE 15 cm x 22.75 m	WHITE	1 ea / box
7230704	DELTA-NET SYNTHETIC STOCKINETTE 20 cm x 22.75 m	WHITE	1 ea / box
7272300	DELTA-NET SYNTHETIC STOCKINETTE 2.5 cm x 22.75 m	BLACK	1 ea / box
7272301	DELTA-NET SYNTHETIC STOCKINETTE 5 cm x 22.75 m	BLACK	1 ea / box
7272302	DELTA-NET SYNTHETIC STOCKINETTE 7.5 cm x 22.75 m	BLACK	1 ea / box
7272303	DELTA-NET SYNTHETIC STOCKINETTE 10 cm x 22.75 m	BLACK	1 ea / box
7272304	DELTA-NET SYNTHETIC STOCKINETTE 15 cm x 22.75 m	BLACK	1 ea / box
301001	PROTOUCH SYNTHETIC STOCKINETTE 2.5 cm x 22.75 m	WHITE	1 ea / box
301002	PROTOUCH SYNTHETIC STOCKINETTE 5 cm x 22.75 m	WHITE	1 ea / box
301003	PROTOUCH SYNTHETIC STOCKINETTE 7.5 cm x 22.75 m	WHITE	1 ea / box
301004	PROTOUCH SYNTHETIC STOCKINETTE 10 cm x 22.75 m	WHITE	1 ea / box
301006	PROTOUCH SYNTHETIC STOCKINETTE 15 cm x 22.75 m	WHITE	1 ea / box
301008	PROTOUCH SYNTHETIC STOCKINETTE 20 cm x 22.75 m	WHITE	1 ea / box

**PROTOUCH® COTTON STOCKINETTE**

Order Code	Product Description	Colour	Unit of Measure
307001	PROTOUCH COTTON STOCKINETTE 2.5 cm x 22.75 m	—	1 ea / box
307002	PROTOUCH COTTON STOCKINETTE 5 cm x 22.75 m	—	1 ea / box
307003	PROTOUCH COTTON STOCKINETTE 7.5 cm x 22.75 m	—	1 ea / box
307004	PROTOUCH COTTON STOCKINETTE 10 cm x 22.75 m	—	1 ea / box
307006	PROTOUCH COTTON STOCKINETTE 15 cm x 22.75 m	—	1 ea / box
307008	PROTOUCH COTTON STOCKINETTE 20 cm x 22.75 m	—	1 ea / box

**ACCESSORIES**

Order Code	Product Description	Colour	Unit of Measure
28230	CLEANCUT SCISSORS	—	1 ea / box





**Delta - Cast<sup>®</sup>**

**AquaCast<sup>®</sup>**  
LINER 



Delta-Cast<sup>®</sup>,  
an Essity brand

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