

Products for Hand Osteoarthritis

Splints		
<p>Comfort Cool “CMC Restriction” Splint</p>  <p>Cost: \$35-72</p> <p><i>A soft neoprene splint for thumb CMC arthritis.</i></p>	<p>Push MetaGrip CMC Splint</p>  <p>Cost: \$75-110</p> <p><i>A semi-rigid plastic splint for thumb CMC arthritis.</i></p>	<p>Ottobock Manu Rheuma Pollex Splint</p>  <p>Cost: \$60-70</p> <p><i>A semi-rigid splint for thumb arthritis involving multiple joints.</i></p>
Gloves – compression and warmth from gloves can help to manage swelling and pain.		
<p>Isotoner “Therapeutic” Gloves</p>  <p>Cost: \$25-60</p> <p><i>Provides more compression (23-32 mm Hg). Available with and without fingertips.</i></p>	<p>Imak Compression Gloves</p>  <p>Cost: \$30-60</p> <p><i>Mild compression only; easier to take on & off.</i></p>	<p>Thermoflow Therapy Gloves</p>  <p>Cost: \$38-45</p> <p><i>Warmer than other two glove brands but less compression. Available with and without fingertips.</i></p>

Where to buy gloves and splints:

Not every company listed here will carry all of the products shown above. Call first to confirm availability. Many products can also be purchased online from sites such as: www.performancehealth.com and www.amazon.ca. Shipping costs vary. Or check with your local medical supply company to see if they can custom order the product you are looking for. If you are already receiving treatment through a hospital outpatient arthritis program, you may be able to purchase gloves or other splints from the hospital directly. **Some medical supply stores offer a discount on non-prescription products to OASIS clients – ask before you purchase!**

Company name:	Address:	Phone number:
Burnaby Orthopedic & Mastectomy	300-6411 Nelson Avenue, Burnaby	604-436-6092
Davies Pharmacy	1401 St. Georges Avenue, North Van.	604-985-1481
Edmonds Pharmacy	7315 Edmonds Street, Burnaby	604-526-1110
Hollyburn Pharmacy	575 16 th Street, West Van.	604-922-4174
MacDonald Prescriptions	746 West Broadway, Vancouver	604-872-2662
Pure Integrative Pharmacy (formerly Mark’s Pharmacy)	3750 Oak Street, Vancouver	604-731-8535
McCue Pharmacy	#100 - 8120 Cook Road, Richmond	604-278-9601
Northview Pharmacy	#120 - 1100 Lonsdale Avenue, North Van.	604-604-9992
Pentland's Prosthetic & Orthotics Services	292 West 3 rd Avenue, Vancouver	
Regency Medical Supplies	4437 Canada Way, Burnaby	604-434-1383
Regency Medicine Centre	#100 – 6091 Gilbert Road, Richmond	604-273-5544
SelfCare	#48 – East 6 th Avenue, Vancouver <i>or</i> 1340 Pemberton Avenue, North Van.	604-872-5800 604-990-9422
Sportmed Vancouver	1861 West Broadway, Vancouver	604-736-6537
Vancouver Orthopedic Group	124 - West 8 th Avenue, Vancouver	604-877-1700
Find retailers for Thermoflow Therapy Gloves at: http://www.thermoflowrelief.com/store-locator.html		
Push Metagrip CMC Splint also available for sale online at: Brace Lab https://bracelab.com/metagrip.html Orthomed Canada Ltd (as Push Ortho CMC Brace) https://www.orthomed.ca/push-ortho-thumb-brace-cmc-4514		



Custom Splints:

Custom hand and wrist splints may be made by a certified hand therapist (CHT), who is an Occupational Therapist or Physiotherapist who has received specialized training. If you have extended medical coverage, you may be able to get the splint and treatment covered but you may need a doctor’s prescription.

Company Name	Address	Phone Number
Alpine Hand Clinic	Unit 43-40137 Government Rd, Squamish www.alpinehandclinic.com	604-567-2882
Burnaby Physiotherapy & Hand Therapy	#601 – 5050 Kingsway, Burnaby	1-888-985-7650
Empower Physiotherapy – Linda Maedel	#118 – 6033 London Road, Richmond www.empowerphysio.ca	604-370-1040
Golden Ears Physio – Crystal Woods	203-22420 Dewdney Trunk Rd, Maple Ridge www.cbi.ca	604-463-9968
HealthOne Physiotherapy and Hand Clinic	#101 – 10277 154 St, Surrey www.healthonephysio.ca	604-498-4818
Hollyburn Physiotherapy – Winnie Sin	#301 – 1549 Marine Drive, West Vancouver www.hollyburnphysio.com	604-926-6868
Joanne Smith	5691 Highfield Drive, Burnaby www.mysplint.com	604-299-7557
Mainland Hand Therapy	3819 Sunset Street, Burnaby https://mainlandhands.com/	604-430-2244
Marianne Horne	2257 East 12th Avenue, Vancouver http://www.customsplints.com/	778-997-4609
Myodetox Northshore – Karen Tugwell	#403-2609 Westview Dr., North Vancouver www.myodetox.com	604-770-1668
Pinewood Hand Therapy – Donna Burrage	#104-7445 Scott Road, Delta www.pinewoodhandtherapy.com	778-564-4263
Westside Physiotherapy & Hand Clinic	#230 – 1245 West Broadway, Vancouver www.westsidephysio.com	604-731-6225

Other hand products:

For tape, wrist braces and other medical supplies, check with your local pharmacy or medical supply store. Ergonomic house and garden tools can be purchased from various companies, including the following:

Products	Where to look
<p><i>Kitchen gadgets:</i> Automatic pot stirrer, magnetic multi-opener, one-touch can opener, non-slip shelf-liner, jar seal breakers, large-handled utensils, electric peeler, ring pull can opener, Dycem non-slip sheets or jar opener</p>  <p><i>Household (& gardening) tools:</i> Ergonomic gardening tools, rolling garden seat, enlarged pens, pen grips, book stands, tap grips, key extenders, lamp switch enlargers</p> <p><i>Dressing aids</i> Bracelet Buddy, magnetic jewelry clasps, button hooks</p> <p><i>Paraffin wax bath for hands</i></p> 	<p><i>In-store (or online):</i> Canadian Tire, Lee Valley, London Drugs, Ming Wo, Superstore, Bed Bath and Beyond, dollar stores (including Yoko Yaya or Daiso)</p> <p>Pinewood Hand Therapy, other Medical Supply stores (see <i>above</i> for addresses)</p> <p><i>Online:</i> North Coast Medical: www.ncmedical.com Performance Health: www.performancehealth.ca www.amazon.ca</p>

Disclaimer:

Please note this is not an exhaustive list of equipment suppliers. For detailed information of local medical suppliers, please consult your area telephone directory.