

CUSTOM SPLINT — MEASUREMENT & SCAN GUIDE

Everything we need to build your perfect fit.

Follow these steps carefully — the accuracy of your measurements directly determines how well your splint fits.

What's in this guide

- STEP 1** **Gather what you need**
Items to prepare before you start
- STEP 2** **Measure your hand**
Two key measurements with a ruler
- STEP 3** **Measure your contracture angle**
How bent is your finger?
- STEP 4** **Photograph your hand**
6 photos, step by step
- STEP 5** **3D scan (iPhone users)**
Optional — higher accuracy
- STEP 6** **Send everything to us**
How to submit your measurements

Time needed: Measurements — 5 minutes Photos — 10 minutes 3D scan (optional) — 5 minutes

Total: approximately 15-20 minutes

Important

Measure your AFFECTED hand — not your dominant hand, unless they are the same.
Do not force your fingers straight. Measure them in their natural relaxed position.

STEP 1 — WHAT YOU NEED

Gather these items before you start

- **A ruler or tape measure**
Metric (mm) preferred. Must show millimetres.
- **A pen or pencil**
To mark your measurements on paper.
- **2 sheets of plain A4/Letter paper**
White, unlined. One to measure on, one as reference.
- **A phone with a camera**
Any smartphone camera works for photos.
- **Good lighting**
Natural daylight or a bright indoor light. No shadows.
- **A flat table surface**
To place your hand on for consistent measurements.

STEP 2 — MEASURE YOUR HAND

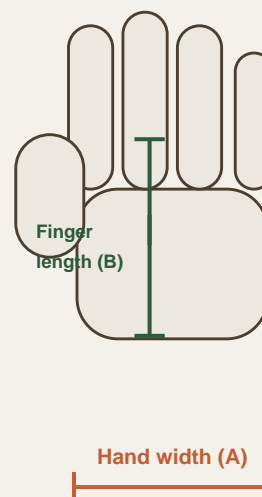
Two measurements — both in millimetres (mm)

A Hand width

1. Place your AFFECTED hand flat on paper, palm facing DOWN, fingers relaxed.
2. Do NOT force fingers straight.
3. Measure across the WIDEST point of your knuckles.
4. Exclude the thumb.
5. Record to nearest mm.

B Affected finger length

1. Identify your most affected finger.
2. Measure from the BASE CREASE where the finger meets your palm...
3. ...to the FINGERTIP.
4. Measure along the TOP of the finger.
5. Record to nearest mm.



Write it down:

Hand width (A): _____ mm Finger length (B): _____ mm Affected finger(s): _____

STEP 3 — ESTIMATE YOUR CONTRACTURE ANGLE

How far does your finger bend from straight?

Look at the diagrams below. Choose the one that most closely matches your affected finger at rest.

STEP 4 — PHOTOGRAPH YOUR HAND**6 photos — takes about 10 minutes**

Place a sheet of A4/Letter paper under your hand in every photo — this gives us a scale reference.

Use good lighting. No flash if possible. Keep your hand as still as you can.

Photo 1

Hand flat on paper, fingers relaxed.
Camera directly above, pointing straight down.

Photo 2

Turn hand over, palm facing up.
Camera directly above.

Photo 3

Hand on its side, thumb uppermost.
Shows finger curl clearly from the side.

Photo 4

Hand on its side, little finger uppermost.
Opposite side to photo 3.

Photo 5

Back to palm down. Spread fingers as wide
as comfortable. Shows the contracture clearly.

Photo 6

Hold camera 15cm from affected finger.
Shows the contracture angle in detail.

Photography tips

- Use natural window light if possible — avoid harsh overhead fluorescent lights that create shadows
- Place your hand on WHITE paper only — coloured paper affects the contrast and depth reading
- Keep the camera lens parallel to your hand surface — don't angle the shot
- Take each photo twice and send the best one — slightly blurry photos slow down the process

STEP 5 — 3D SCAN (IPHONE USERS — OPTIONAL BUT RECOMMENDED)

iPhone 12 or newer? You can send us a 3D scan.

iPhones with Face ID have a LiDAR depth sensor that captures the exact contours of your hand. This gives us the highest accuracy for a custom fit. It takes about 5 minutes and is free to do.

Using the free Polycam app (recommended)

- 1 Download Polycam**
Free on the App Store. Search 'Polycam 3D Scanner'. Requires iPhone 12 or newer with Face ID.
- 2 Select LiDAR mode**
Open Polycam. Tap the '+' button. Select 'LiDAR' mode (not Photo mode).
- 3 Position your hand**
Place your affected hand flat on a table, palm down. Keep fingers in their natural relaxed position.
- 4 Scan slowly**
Move the phone slowly around your hand — top, sides, and slightly underneath. Keep 20-30cm distance.
- 5 Review the scan**
Check the 3D model looks complete with no large holes or missing areas. Re-scan if needed.
- 6 Export as OBJ or STL**
Tap Share > Export > select OBJ format. This creates a file you can email directly to us.

Android users: Photos are completely fine for most cases. If you have a Samsung Galaxy S23+ or Pixel 8 Pro, try the 'Scaniverse' app which supports LiDAR on select Android devices.

STEP 6 — SEND EVERYTHING TO US

How to submit your measurements and photos

Email to: hello@dupuytrenssplint.com

Subject line: Custom Splint Measurement — [Your Name]

Attach:

- All 6 hand photos (or more)
- 3D scan file if you have one (.OBJ or .STL)

In the email body, include:

- Hand width (A): ___ mm
- Finger length (B): ___ mm
- Affected finger(s): ___
- Contracture angle estimate: ___°
- Your order number (from your confirmation email)

What happens next

- Within 48 hours** We confirm receipt and review your measurements and photos.
- Design review** We design your custom splint geometry and may contact you with questions.
- Approval** We send you a design preview for your approval before printing.
- Print & ship** Your splint is SLS printed and shipped within 5 business days of approval.

Questions? Email hello@dupuytrenssplint.com and we'll help you through any step.

We review every custom order personally — your measurements go directly to the founder, Ryan, who has Dupuytren's himself.