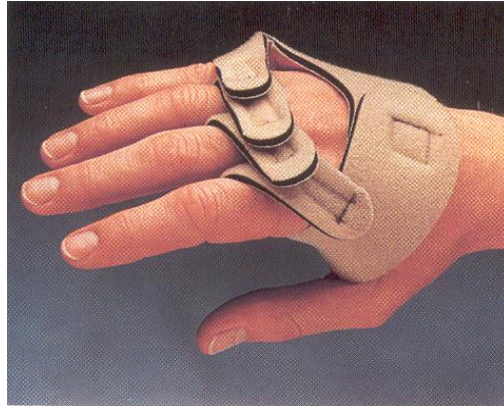


Care of Your Splint
Metacarpal Ulnar Deviation Splint
(M.U.D. Splint)

Rheumatology Service
Occupational Therapy



Care of Splint

The splint was individually fitted to you. If you have any doubt as to its purpose please contact the therapist named below.

Name of splint M.U.D Splint

Right / Left

Small / Medium / Large

Purpose of splint

- To reduce wrist / hand pain
- To improve hand function

When to wear the splint (wear for 30 minutes initially and then check skin for red areas / skin reactions)

- Day time splint only
- Increase wearing time gradually by 15min intervals if comfortable to do so until able to wear for 6-8 hours daily
- During daily life activities
- Rubber gloves over the splint will allow you to wear in water

Precautions

1. Should you experience pins and needles, red areas from rubbing or an allergic reaction from the splint stop wearing it straight away and please contact your Occupational Therapist.
2. Do not adjust your own splint. Contact the therapist who has issued the splint.
3. Only to be worn when driving if agreed by Insurance Company.
4. The material your splint is made from is flammable but presents no more risk than your clothing.

Cleaning

1. Your splint may be washed by hand in warm – not hot – soapy water.
2. Do not put in the washing machine as this may cause it to change shape.
3. Do not put in the tumble drier.
4. Ensure your splint is completely dry before applying.

Therapist:

Date of Issue: - Review Date: -