



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Care of Your Splint Thumb Splint

Rheumatology Service Occupational Therapy



Care of Splint

The splint was individually fitted for you. If you have any doubt as to its purpose please contact your Therapist.

Name of splint Thumb splint

Right / Left

Small / Medium / Large / Extra Large

Purpose of splint

- To help reduce swelling
- To help reduce thumb pain
- To provide thumb support during hand function

When to wear the splint

Wear for 30 minutes initially and then check skin for red areas / skin reactions

Daytime

- Up to 6 – 8 hours continuous
- 2 hours on / 2 hours off

During daily life activities

Other

Precautions

1. Should you experience pins and needles, red areas from rubbing or an allergic reaction from the splint please stop wearing it straight away and contact the therapist below.
2. Do not adjust your own splint.
3. We advise you to inform your Insurance Company if you wear your splint when driving.
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.
(See manufacturer’s instructions).
2. Do not put in the washing machine/ tumble drier.
3. Ensure your splint is completely dry before applying.

Therapist:

Date of issue:-

Review date:-