

Information for Patients Hand Splint Advice Sheet

Physiotherapy Hand Unit Royal Gwent Hospital

This information has been provided to help you use and care for the hand splint that has been provided from Physiotherapy. If you need further advice please ring 01633 234414 (Mon – Fri between 8.30am – 4.00pm)

The purpose of your splint is to

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Please wear your splint

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Please bring the splint with you every time you come for physiotherapy. Do not try to change the splint yourself.

Keeping the splint clean

The splint can become dirty with prolonged use. Remove the soft straps and clean the splint with warm soapy water, wet wipes or a damp flannel. Do not use hot water to clean it as it may cause the splint to change shape. The straps can be hand washed. If sweating is a problem you can wear stockinette over your arm or a little talcum powder may improve comfort.

Possible problems

Rubbing, swelling, pain or a rash may be a problem. Please contact the Unit on the number at the top of the page if you experience any of these or if you have any concerns at all.

Please regularly check for pressure areas as directed by the physiotherapist. Wear the splint for a short time initially before longer use to check for the above problems.

Storage

Do not leave the splint anywhere hot e.g. in a sunny window, on a radiator or on a car seat as it will go soft and change shape.

Your physiotherapist is