

## **Information for Patients**

### **Resting Hand Splint**

### **Physiotherapy Service**

#### **Why do I need to wear my splint?**

The purpose of the resting hand splint is to support the fingers, thumb and wrist in a fixed position. This is especially important if you have increased tone in your hand after you've had a stroke as it can prevent your hand from becoming contracted and therefore more useful and less painful.

The splint may help to manage the risk of contracture and would form part of your strategy to maintain or maximise muscle length where there is contracture or risk of developing contracture.

#### **How long do I need to wear the splint?**

The length of time you will wear the splint varies depending on the reason the splint was supplied. Your physiotherapist will discuss with you the length of time you need to wear it.

#### **When should I wear the splint?**

The splint should be worn daily, the length of time and amount of times in the day that you wear the splint will vary. A physiotherapist will give you this information when they give you the splint. If you are unsure, please contact the physiotherapist that gave you the splint.

#### **How do I look after my splint?**

The splint features a padded frame that has a cover lined with synthetic sheepskin and velour for maximum comfort. This cover is removable and hand washable in order to maintain patient comfort and compliance.

#### **Precautions**

The splint is flammable so keep away from fire. Always follow the guidance of your orthotist or physiotherapist regarding the use of this splint.

The life span of your splint will depend of your activity level and the frequency of use. If you wish to have a further splint, please contact your physiotherapist. If you present with new symptom(s)/ condition(s) that are unrelated, you may need a review appointment.

<b>Problems</b>	<b>Possible cause</b>	<b>What to do</b>
<i>Persistent skin irritation or red areas</i>	Badly-fitting splint, splint applied incorrectly, poor sensation	Remove the splint Attempt to reapply as instructed
<i>Swelling</i>	Splint is fastened too tightly, poor positioning of the hand	Loosen straps, review instructions on how to apply splint
<i>Pain</i>	Splint or straps applied incorrectly	Loosen straps, review splint wearing duration

If these issues persist, let your physiotherapist know so that the splint can be adjusted.

### **How do I put my splint on?**

The hand splint comes with 4 straps attached, one over the forearm, one over the wrist, one over the knuckles and one for the thumb.



Open up the straps on the splint.

Place your hand onto the woollen side, wrist fist then your fingers. Ensure that your fingers are extended so there is no gap between your hand and the splint (you may need someone to assist in this).



Close all the straps to hold your hand  
close the splint.



You should try to wear your splint \_\_\_\_\_ time/s a day for  
\_\_\_\_\_ hour/s at a time or \_\_\_\_\_.

If you are unsure how to put the brace on whilst you are in hospital, ask a member of the ward staff to show you again.

If you are unsure when you are at home, either ask a friend or family member to help you or contact your physiotherapist. Please do not contact the ward you were on.

**“This document is available in Welsh / Mae’r ddogfen hon ar gael yn  
Gymraeg”**