



# Physiotherapy Department Application Guide for Patients

## Wrist Splint



### Purpose of the splint

- To help reduce wrist swelling.
- To help reduce wrist or hand pain, whilst allowing you to move your fingers.
- To provide wrist support during hand function.

### When to wear the splint

Wear as instructed by your Consultant or Physiotherapist. Some injuries require this wrist splint to be worn at all times, even at night.

### Precautions

1. Should you experience pins and needles, red areas from rubbing or an allergic reaction from the splint then please stop wearing immediately and contact the physiotherapy service for further advice.

2. Do not adjust your own splint.
3. Please follow any driving instructions from your consultant. If you are able to drive it is advisable to inform your insurance company that you are wearing a wrist splint.
4. The material your splint is made from is flammable, so keep away from any flames.

## **Cleaning**

1. Your splint may be washed by hand in warm – not hot-soapy water. Remove the metal post first.
2. Do not put in the washing machine, as this may cause it to change shape.
3. Do not put in the tumble drier or on a radiator to dry.
4. Ensure that your splint is completely dry before applying.

## **Applying the wrist splint**

1. Undo all the Velcro straps and lay the brace flat.
2. Place hand onto the brace – the metal / solid part should be against the palm side of the hand / wrist. (If a thumb support is required, carefully slide your thumb into this before resting your wrist on the brace).
3. Do up straps firmly, but not too tight.

If there is a thumb support, this strap winds around the thumb and attaches to the wrist splint.

If you have any questions or concerns regarding the fitting of this brace you can contact the physiotherapy service for further advice.