

## How to use and care for your support splint

Rheumatology Occupational Therapy Department  
Tel: 01271 311680

### Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net).

Name: ..... Therapist: .....

Size and type of splint: ..... Date: .....

**This prescribed device must not be re-used or re-supplied to another person.**

**Once issued it is intended for your exclusive use. This prescribed device conforms to Medicines and Healthcare Products Regulatory Agency (MHRA) standards.**

### Reasons for wearing

Splints can be an important part of your treatment:

- To relieve pain
- To reduce inflammation / swelling / stiffness
- To increase joint stability
- To maintain joint alignment
- To improve hand function and grip strength
- To support the joint in a good position during activities
- To relieve symptoms of Carpal Tunnel Syndrome
- For support following surgery
- To protect the palm from pressure damage

## How do I wear my splint?

- Fasten the straps so the splint feels secure but not so tight that it interferes with circulation.
- It is important to complete your range of movement exercises regularly after you remove your splint to help relieve stiffness.
- Whilst wearing your splint remember to continue using your joint-protection advice.

## When do I need to wear my splint?

Wear only during activities to reduce pain and to support your joints for heavier tasks

Wear during the day

Wear during the night

Other \_\_\_\_\_

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## Care of yourself

- Watch out for signs of redness or swelling
- Watch for increased sweating, rash or general discomfort
- If your splint is 'digging-in' or uncomfortable, please remove it

If you have any of these signs, please contact the Rheumatology Occupational Therapy Department.

## Care of the splint

1. Remove the metal/plastic bar when washing the splint
2. Splints can be washed in cool soapy water
3. Allow to dry naturally away from direct heat source, such as a radiator
4. Replace metal/plastic bar to use
5. Refer to manufacturer's instruction where provided
6. If you have any problems or your splint requires mending/altering or replacing, please contact the Rheumatology Occupational Therapy Department. Please do not try to adjust the splint yourself.
7. You will be offered an annual splint review if needed

If you have any other queries, please contact the Rheumatology Occupational Therapy Department on **01271 322378**.

## References

COT Specialist Section Rheumatology Guidelines 2003. Revised June 2011

### **PALS**

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

### **Have your say**

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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