

How to use and care for your oval 8 finger splint

Rheumatology Occupational Therapy Department
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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.

Name:

Left hand	Size	Right hand	Size
Thumb		Thumb	
Index finger		Index finger	
Middle finger		Middle finger	
Ring finger		Ring finger	
Little finger		Little finger	

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 Regulations Agency (MHRA) standards.

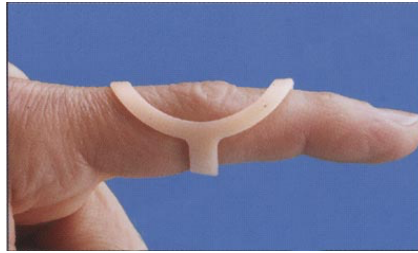
Reasons for wearing

Splints are an important part of your treatment:

- To relieve pain
- To improve hand function and grip
- To support and realign joint position

Instructions for use

- Check you have positioned your splint correctly.



- You will need to gradually build up the length of time spent using your finger splint.
- Your finger splint should only be worn during the day.
- Finger splints can be worn on several fingers at the same time.
- **Do not wear when you are sleeping at night.** Swelling of the fingers may occur during long periods of inactivity. It would then be difficult to remove your splint.
- Remove your splint immediately if your finger swells.

Care of the splint

- Finger splints can be cleaned with warm soapy water and wiped dry.
- You will be offered a splint review.

Therapist:

Date:

Further information

If you have any problems or your splint requires altering or replacing, please do not try to adjust the splint yourself. Contact your Occupational Therapist who will make an appointment for adjustments to be made. Take the splint off until you have seen your Occupational Therapist.

Contact number: **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. 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.

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