

How to use and care for your custom-made 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: Therapist:

Type of splint: Date:

This custom-made 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
- ☐ 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 damage caused by pressure from fingernails

How do I wear my splint?

- Fasten the straps so the splint feels secure, but not so tight that it interferes with circulation.
- You need to gradually build up the length of time spent wearing your splint.
- It is important to regularly complete your range of movement exercises after you remove your splint to help relieve stiffness.

When do I need to wear my splint?

☐ Wear during the day when active

☐ Wear during the day when resting

☐ Wear during the night

☐ Other _____

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

- Wash your splint regularly with warm soapy water. Towel dry and leave in an airy place.
- Do not place your splint on a radiator or leave in direct sunlight as this will alter the shape of the splint.
- If you have any problems or the splint requires mending/altering or replacing, please contact the Rheumatology Occupational Therapy Department. Please do not try to adjust the splint yourself.
- 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. 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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