

Air Splint

Physiotherapy & Occupational Therapy

Who is this leaflet for?

This leaflet is for patients who have been given a splint called an air splint to use. It explains how to use and care for the splint and what to do if you have any problems.

What is an Air splint?

This type of splint is used when there is stiffness and shortening of the muscles of the arm, but when the arm can still be stretched into a straighter position. The air splint is used to try to prevent further shortening and contracture by applying a regular daily stretch to the muscles.

Why should I wear my Air splint?

This is a self-management programme. If you do not wear your splint your current range of movement may decrease.

When should the Air splint be worn?

The splint should be worn for 30 to 60 minutes a day. A barrier such as stockinette should be placed under the splint to prevent rubbing. (Most pharmacies and supermarkets stock this.) The arm should be supported on a pillow.

What is the correct position of my Air splint?



The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Wash your hands with soap and warm water and dry thoroughly. Use hand gel, if provided, in care facilities.**
- **If you have symptoms of diarrhoea and vomiting stay at home and do not visit relatives that are vulnerable in hospital or in residential care. You will spread the illness.**
- **Keep the environment clean and safe. Let's work together to keep it that way. Prevention is better than cure.**

How do I care for my Air splint?

- Wipe it over with a damp cloth regularly
- Ensure mouth pieces are cleaned regularly and not shared between different people
- Ensure stockinette is washed on a regular basis.

What difficulties might I have using my Air splint?

- You will require assistance to put on the splint as it requires one person to hold the stretch at the elbow and another to apply the splint. You will be able to take the splint off yourself. Initially it may take time to ensure the splint is applied properly, however it will become quicker and easier with practice.

Splint Check Appointments

- It is important to have your splints checked at regular intervals to ensure they still fit correctly
- If your splint requires attention (for example, it is damaged) before your review appointment, please let us know immediately by phoning the number below
- If you cannot keep your appointment please let us know at least 24 hours beforehand
- If you miss an appointment and do not contact us, we must recommend that you discontinue wearing your splints. We will discharge you from our department and will notify your doctor.

Who can I contact if I have any concerns or questions?

If you have concerns or queries about any aspect of using this splint, please speak to your therapist.

Name of therapist:.....

Contact telephone number:.....

Out of hours / emergency contact instructions:

.....

.....

Remember to bring your splint(s) with you when you come for your appointment check ups

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਆਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。