

Palm Air Splint

Physiotherapy & Occupational Therapy

Who is this leaflet for?

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

What is my splint for?

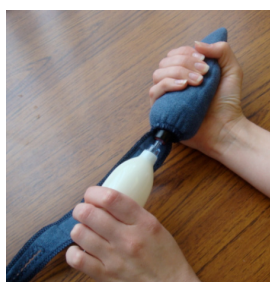
To keep your fingers out of your palm, to prevent skin damage and prevent further deformity.

How do I apply the splint?

1. Place the deflated splint into the palm of the hand (the narrower end towards the thumb and the wider end towards the little finger)



2. Place the white end of the pump into the splint and inflate to provide a stretch on the fingers. Remove the pump.



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

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

3. Wrap the strap around the splint to secure in place.



4. To remove, place the black end of the pump into the splint and deflate



When should I use my splint?

You should wear your splint at the following times:

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How should I care for my hand and splint?

- Make sure your hand is thoroughly washed and dried daily. Check that the splint is not rubbing and the skin is not breaking down
- Please ensure finger nails are kept short with no rough edges to prevent them digging into the palm of the hand
- Remove the cover and wash in the laundry bag provided
- Wash by hand or on a gentle cycle with mild detergent
- Leave the cover to dry naturally, do not tumble dry.

What problems might I have and what should I do?

If the splint rubs, causes pain, or leaves red marks that last more than 15 minutes, do not wear it and contact your Occupational Therapist

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

Name of Therapist:

Contact telephone number:.....

Out of hours / emergency contact instructions:

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Will I have 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 appointments, please let us know immediately
- 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.

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

English

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 ਦੁਭਾਸ਼ੀਏ 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。