

# Palm Cone

Physiotherapy & Occupational Therapy

## Who is this leaflet for?

This leaflet is for patients who have been given a device called a palm cone. It tells you what it is for, how to wear it and what to do if you have any problems.

## What is my splint for?

To prevent your hand closing up while you are walking around.

## How should I wear the cone?

It is important to follow your instructions. If the cone rubs, causes pain, or leaves red marks that last more than 15 minutes, stop using it and contact your Occupational Therapist straight away.



- Place the cone inside the palm of the hand, the narrower end of the cone should be towards the thumb and the wider end towards the little finger
- Place the strap around the back of the hand and fasten the Velcro
- The palm cone can be worn during the day while mobilising and transferring, once wearing tolerance has been built up

**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.

- Each time the cone is removed your hand and arm should be put through as full a range of movement as possible.

Your Occupational Therapist will give you instructions on how to do this.

This is a self-management programme. If you do not use your cone you may find your range of movement decreases.

## How should I keep my hand clean?

Make sure your hand is thoroughly washed and dried daily and that this time is used to ensure the cone is not rubbing and the skin in the hand is not being damaged. Report any damage to your skin to your Occupational Therapist. Please ensure finger nails are kept short with no rough edges to prevent them digging into the palm of the hand.

## When should I use the palm cone?

Wear your palm cone at the following times:

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## How should I look after this device?

Wash the cone and its cover in mild detergent on a regular basis to avoid infection. Leave the cover to dry naturally, do not tumble dry.

Ensure the cone is completely dry before re-applying it.

You may require assistance to put on / take off the cone. Initially it may take time to ensure the cone is applied properly, however it will become quicker and easier with practice.

## Who can I contact if I have any concerns or questions about using the cone?

If you have any concerns or queries about the cone or how to use it please speak to the Occupational Therapist in charge of your care.

Name of Therapist .....

Contact telephone number .....

Out of hours / emergency contact details .....

## Will I have further appointments?

- It is important to have your cone checked at regular intervals to ensure it still fits correctly
- If your cone requires attention (for example, it is damaged) before your review appointments, please let us know immediately by phoning the number you have been given
- 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 using your cone. We will discharge you from our department and will notify your Doctor

***Remember to bring your cone 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。