

# Palm Shield

Physiotherapy & Occupational Therapy

## Who is this leaflet for?

This leaflet is for patients who have been given a splint known as a palm protector to use. It explains what it is, how to use it, how to look after it and what to do if you have any problems. This is a self-management programme. If you do not wear your splint you may find your range of movement decreases.

## What is my splint for?

To stop your fingers and thumb digging in to the palm of your hand and to stop the fingers rubbing against each other.

## How should I wear my splint?



It is important to follow your instructions. If the splints rub, cause pain, or leave red marks that last more than 15 minutes, do not wear them and contact your therapist straight away.

Always put the thumb into the splint first, ensuring it is protected by the thumb shield.

Ensure the fingers are separated by the correct shields so the fingers can't rub against each other.

Place the strap around the back of the hand and fasten the Velcro.

The palm shield can be worn during the day while mobilising and transferring once wearing tolerance has been built up.

Each time the splint is removed your hand and arm should be put through as much movement/stretching as possible. Your Occupational Therapist will demonstrate and give you instructions on how to do this.

**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.

## How should I look after my hand(s)?

Make sure your hand is thoroughly washed and dried daily and that this time is used to ensure the splint is not rubbing and the skin in the hand is not breaking down. Report any break down of 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 wear my splint?

You should wear your splint at the following times:

.....

.....

.....

## How should I look after my splint?

To avoid infection, wash the splint regularly in a mild detergent such as soap flakes or a liquid product for handwashing clothes.

Ensure the splint is completely dry before re-applying splint.

## What difficulties might I have?

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

## Will I be given 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 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
- Remember to bring your splint(s) with you to each of your appointments

## What should I do If I have any concerns or questions about my splint?

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 .....

.....

.....

## 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。