

Resting Splint

Physiotherapy & Occupational Therapy Department

Who is this leaflet for?

This leaflet is for patients who have been given a resting splint to wear. It explains what the splint does, how to use it and care for it, and what to do if you have any problems.

What is my splint for?

A resting splint is used to maintain the muscle length in the hand. It will also:

- Reduce pain and discomfort
- Make it easier to keep your hand clean
- Improve appearance
- Prevent deformity
- Maintain soft tissue length
- Reduce swelling
- Support the structure of the hand
- Help your hand to function more effectively.

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

How do I use my splint?

It is important to follow these instructions:

- Only wear your resting splint while seated - do not wear whilst moving around
- When wearing your splint ensure that your arm is supported on a pillow and your elbow is as straight as possible
- Even when not wearing the splint you should keep your arm supported by a pillow with your arm straight
- Do not rest with your elbow bent and your arm in your lap as this will encourage the muscles around your elbow to shorten.

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.

Correct Position



Incorrect Position



Each time the splint 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.

When should I wear my splint?

You should wear your splint at the following times:

How should I care for my splint?

- Avoid putting the splint near any kind of heat, for example, on a radiator, in hot water or in direct sunlight
- When the splint requires cleaning, scrub gently in lukewarm water and mild detergent. Leave to dry naturally, do not tumble dry
- Ensure the splint is completely dry before re-applying it.

Is there anything else I need to know?

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 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.

What problems might I have and what should I do?

- You may need help to put on and/or take off the splint but this will become quicker and easier with practice
- If the splint rubs, causes pain or leaves red marks that last for more than 15 minutes, do not wear it. Contact your therapist as soon as possible
- If you have any concerns or queries about any aspect of using this splint, please speak to your therapist. Information is at the back of the leaflet.

Will I receive splint check appointments?

It is important to have your splint checked at regular intervals to ensure it still fits correctly

If your splint requires attention (i.e. 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.

Who should I contact if I have any concerns or questions about this device?

If you have any 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

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。