

Grip Splint

Physiotherapy & Occupational Therapy

Who is this leaflet for?

This leaflet is for patients who have been given a device called a Grip Splint to use. It explains how the splint works, how to apply it and care for it, and what to do if you have any problems with it.

What is my splint for?

To maintain the muscle length in the hand and prevent muscle shortening. Using the splint may also:

- Reduce pain and discomfort []
- Facilitate hand hygiene []
- Improve appearance []
- Prevent contractures []
- Maintain soft tissue length []
- Reduce swelling []
- Support the structure of the hand []
- Facilitate / support function []

How should I wear my splint?

The pictures below show you the correct way to wear your splint. Initially you may need to ask someone else to help you put the splint on and take it off, but this will become easier with practice.



You can wear the splint while seated or whilst moving around.

Each time the splint is removed your hand and arm should be exercised as instructed by your occupational therapist or care worker.

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.

When should I wear my splint?

You should wear your splint at the following times:

.....
.....
.....
.....

How should I look after my splint?

Remove the cover from the splint, ensure all hook and loop attachments are closed and place in washing bag.

Hand or machine wash at 30 degrees, gentle cycle with mild detergent. DO NOT USE commercial washers (such as in a launderette) or hot water. No bleach or fabric softener.

Air dry. Ensure the cover is completely dry before re-applying it.

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 (such as redness, dry / flaky or sore areas) 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 should I watch out for?

If the splint rubs, causes pain or leaves red marks which last for more than 15 minutes, stop wearing it and contact your therapist as soon as possible.

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 (i.e. it is damaged) prior to your review appointments please let us know immediately
- If you cannot keep your appointment, please let us know in good time
- Remember to bring your splint(s) with you when you come for your appointment check ups.

However, if you miss an appointment and do not contact us, we must recommend that you discontinue wearing your splints.

We will also consider you discharged from our department and will notify your doctor to say you have been discharged

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

If you have any queries or concerns about using your splint please speak to your therapist

Your Therapist is

Telephone:.....

Out of hours/emergency contact details:

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。