

Capener Splint

Physiotherapy & Occupational Therapy

Who is this leaflet for?

This leaflet is for patients who have been advised to use a device known as a Capener splint. It explains why you have been given the splint, how to wear it and who to contact if you have any problems.

Why have I been given a Capener splint?

The person in charge of your treatment has assessed you and decided that you need to keep the middle joint of your finger straight whilst resting. The Capener splint will help you to do this, whilst still allowing you to bend your finger to grip items.

This splint helps to straighten the finger by providing a gentle stretch on the joint over a prolonged period.

Please bring your splint to every appointment so that it can be checked by your Therapist.

How do I apply the splint?

- The top strapping should be just below the end joint of the finger
- The spring should be in line with the middle joint of the finger
- It should be possible to bend all joints of the finger, but when relaxed the finger should return to a straight position
- Remove the splint regularly throughout the day to bend the finger fully.

Are there any side-effects or precautions for using this splint?

It is very unlikely that you will suffer any ill effects from using the splint. However if you develop severe discomfort or pain, or any other new symptoms you are worried about, please speak to your Therapist. Never adjust or alter your splint.

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.

Who can I contact if I have any concerns or questions?

If you have 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 details:.....

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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 (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.

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。