

# Off-the-shelf Splints

Physiotherapy & Occupational Therapy

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 is this leaflet for?

This leaflet is for patients who have been given an off-the-shelf splint as part of their treatment. It explains why the splint has been given, how to care for it, when to wear it and what to do if you have any problems.

Here are the details of your splint.

Type of splint provided:

Right / Left: .....

Size: .....

Suggested Suppliers:

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You should wear the splint as follows:

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Any further specific instructions:

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## What is a splint?

A splint is a removable support usually made from a fabric called neoprene or elasticated material (latex free). It may have a metal/ plastic insert for extra support.

## Why do I need a splint?

There are several reasons why a splint may be required. These include:

- To protect repaired tissues
- To maintain surgical correction
- To rest inflamed joints / soft tissues
- To try to improve function
- To decrease pain
- To maintain hand hygiene
- To try to correct / prevent deformities or contractures getting worse

## How should I look after the splint?

- Remove any metal / plastic inserts prior to washing
- Handwash regularly in warm soapy water
- Rinse thoroughly
- Dry at room temperature
- Never adjust your splint on your own.

## Are there any side-effects or precautions for wearing a splint?

Your therapist has assessed you as being suitable for using this splint. It is very unlikely that you will suffer any ill effects; however if you experience -

- Swelling
- Severe pain
- Pressure
- Stiffness
- Numbness

- please stop using the splint and contact your therapist (details below)

## Who should I contact if I have any concerns or questions about using the splint?

If you have concerns or queries about any aspect of using the splint please contact your therapist.

Name of Therapist: .....

Contact telephone number: .....

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 potrzebowałiby 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。