

# Mid-position resting splint

Physiotherapy & Occupational Therapy



## Who is this leaflet for?

This leaflet is for patients who have been given a splint called a 'mid-position resting splint' 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 this splint in may result in an increase in tone and spasticity (unusual muscle tightness).

## What is my splint for?

It is to help manage high tone and spasticity. It places your hand and forearm in the best position possible to help maintain joint alignment and soft tissue length. It also helps to prevent deformity occurring or existing ones worsening.

## How should I wear my splint?

It is important to follow your instructions. If the splint rubs, causes pain, or leaves red marks that last more than 15 minutes, do not wear it and contact your therapist straight away.

**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.

1. Keeping your forearm in mid-position, hold the thumb whilst supporting the wrist.



2. Place the splint under the forearm and bring up to the thumb web space and position your hand onto the splint.
3. Bring the forearm down onto the splint



4. Attach wrist strap



5. Attach the forearm strap



6. To take splint off remove in reverse order.

Please note all splints will vary slightly

This splint is not to be worn whilst mobilising or transferring. Each time you remove the splint your hand and arm should be put through as full a range of movement as is possible. Your Occupational Therapist will give you instructions on how to do this.

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

Make sure that your hand is thoroughly washed and dried daily. Use this time to inspect your hand; ensure the splint is not rubbing and that the skin is not breaking down. Note particularly any red areas that do not fade after 15 minutes. Report any signs of skin breakdown to your occupational therapist.

### When should I wear my splint?

You should wear your splint according to the following regime:

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.....  
.....

### How should I look after my splint?

Remove strapping and choose one of the following options:

1. Wipe or wash your splint regularly with luke warm (not hot) soapy water and rinse
2. Wipe your splint with alcohol gel

It can be scrubbed using a dedicated toothbrush or nailbrush. After cleaning wipe dry and reattach straps before wearing again.

Do not soak in hot water, leave on a radiator or in a window as heat can alter the shape of the splint.

### What difficulties might I have?

You may need help to put on / take off the splint. Initially, it might take time to ensure that the splint is correctly applied. However, it should become easier with time and practice.

## Will I be given a splint check appointment?

- It is important to have your splints checked at regular intervals to ensure that they still fit appropriately
- If your splint requires attention (i.e. It is damaged) before your review appointments, please let us know by phoning the number given
- 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
- Remember to bring your splint with you to your appointments or have them to hand for home visits.

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

If you have any concerns or queries about any aspect of using your 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。