

# Palm Protector with Thumb Support

Physiotherapy & Occupational Therapy

## Who is this leaflet for?

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

## What is this splint for?

This splint will prevent your fingers from digging into the palm of the hand. This is important to prevent as it can make it difficult to keep the hand clean and cut the finger nails. If the fingers get very tight it can lead to skin breakdown and infection.

## How do I wear the palm protector?

It is important to follow these instructions.

Always put the thumb into the palm protector first.



Place the strap around the back of the hand and fasten Velcro.

The palm protector can be worn during the day while mobilising and transferring, once wearing tolerance has been built up.

Each time the palm protector 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.

**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.

## Is there anything else I should 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.

Ensure finger nails are kept short with no rough edges to prevent them digging into the palm of the hand.

## When should I wear my palm protector?

Wear your palm protector at the following times:

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## How should I care for my palm protector?

- Wash the palm protector in mild detergent on a regular basis to keep it clean
- Leave to dry naturally, do not tumble dry
- Ensure the palm protector is completely dry before re-applying it.

## What difficulties might I have using my palm protectors?

**Putting on and taking off** - You may require assistance to put on and /or take off the device. Initially it may take time to ensure it is applied properly, however it will become quicker and easier with practice.

## Will I receive 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.

## 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 device, please speak to your therapist.

Name of therapist: \_\_\_\_\_

Contact telephone number: \_\_\_\_\_ .

Out of Hours / Emergency contact instructions: \_\_\_\_\_

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**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。