

# Finger Splint

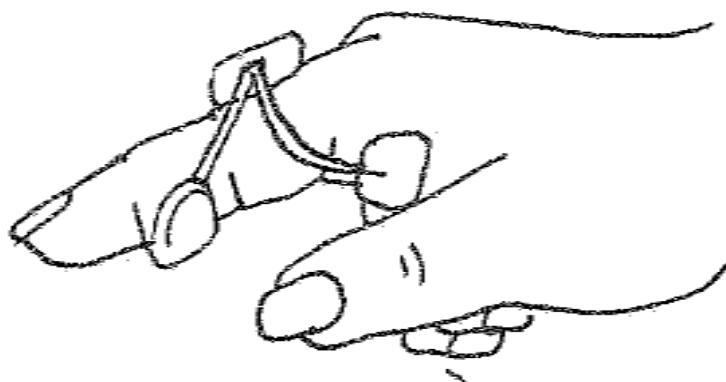
Physiotherapy & Occupational Therapy

## Who is this leaflet for?

This leaflet is for patients who have been given a finger splint to wear following assessment by a therapist. It explains how to apply the splint, when to wear it and what to do if you have any problems whilst using it.

Your splint is an important part of your treatment. Please bring it to every appointment so that it can be checked by your therapist.

## How do I put the splint on?



- The splint has 3 pads. Hold the 2 end pads and pinch them together
- Gently slide the splint onto the finger. Make sure the pad marked 'P' goes on the finger first as this should fit into the palm
- When the splint is positioned correctly the middle pad should sit on top of the finger over the first bone of the finger between the main knuckle of the finger and the middle joint.

## How long should I wear the splint for?

The more time you can wear the splint, the more effective it will be. However you should remove it regularly throughout the day to bend the finger fully. **Do not use the splint at night.**

**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.

## How should I look after the splint?

- Handwash the splint regularly in warm, soapy water
- Allow to air dry naturally before reapplying.

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

If you experience:

- Numbness
- Tingling
- Severe pain

Whilst wearing the splint, please remove it and contact your therapist as soon as possible.

## Who can 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 speak to 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 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 ਦੁਆਰੀਏ 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。