Thermoplastic Splint Instructions

Purpose

The purpose of your splint is to:

□ protect the tendons, ligaments, nerves and/or fractures
□ reduce pain
□ prevent or correct deformity
□ improve or maintain range of movement
□ other: _________________________________________.

Wear Instructions

Straps should be applied firmly, but not too tight. Your splint is to be worn:

□ at all times (day and night) but can be removed:
  - For hand exercises Yes/No
  - To wash splint and hand Yes/No
  - To shower Yes/No – cover with a bag

□ whilst sleeping
□ during activities that increase your pain
□ during ‘risk’ periods – lifting more than ___ kg, gripping tightly, when you are in a situation where you might get knocked, bumped or fall on your hand
□ other:_________________________________________.

Your Therapist and Doctor will alter this wearing regime when appropriate.

Precautions

Contact your Therapist if you experience any of the following changes:

- Increased pain.
- Skin irritation.
- Red marks lasting longer than 20 minutes.
- Increased swelling.
- Pins and needles.

Care of Splint

- Splints change shape when hot. Avoid leaving it in the sun, a closed car, near a heater or in hot water.
• Splints and splint liners can be washed in cold soapy tap water. Ensure your splint is dry before putting it back on your hand.
• Do not attempt to adjust your splint.

Driving

• It may be unsafe and illegal for you to drive while wearing your splint and may void your insurance. Please discuss this with your doctor, your insurer and/or your Therapist.

Follow-up Check

Please bring your splint/s with you to your next appointment.

Please contact your therapist if you have any queries or concerns.

Therapist: ______________________________   Phone: (07) 3646 7100