

Hand Therapy

Splint instructions

Your splint has been specifically selected for you. The goal of your splint is to:

- Protect the tendons, nerves or fracture
- Reduce joint strain
- Prevent or correct deformity
- Improve or maintain range of movement

Other: _____

WEARING INSTRUCTIONS

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

- At all times (day and night).
- Night time only (sleeping).
- During heavy activities, or activities causing symptoms.
- When doing therapy exercises as shown by your therapist.
- For 30 minute intervals, 5 – 6 times per day.
- Can I remove my splint:
 - To exercise? Yes/ No
 - For showering? Yes/ No
 - To clean splint? Yes/ No
 - To clean hand? Yes/No

Other: _____

Unless told otherwise, treat your splint as a plaster cast. Wear a plastic bag over your hand when showering.

CARE OF SPLINT

- Wash the splint in cool soapy water with a soft cloth. Dry thoroughly before putting it back on.
- Do not heat your splint by leaving it in a hot car, in the sun, near a heater or in hot water, as it will soften and alter shape.



- Do not attempt to adjust your splint. Contact your therapist if any changes are needed.

PRECAUTIONS

Increased pain – If you experience pain whilst wearing your splint:

- Do not remove your splint – contact your therapist.
- Remove the splint for several minutes/several hours and try it again.

Increased swelling – If this occurs:

- Do not remove your splint – contact your therapist.
- Remove your splint and elevate your hand and arm on a pillow and move your joints. Try the splint again and loosen the straps if they are too tight. If the swelling doesn't improve, contact your therapist.

Pressure areas – Redness can occur over bony areas and around the edges of your splint. If you notice reddened areas:

- Do not remove your splint – contact your therapist.
- Remove your splint. If the redness remains after the splint has been removed for 20 minutes – contact your therapist.

Poor circulation – If you experience change in skin colour (e.g. bluish or overly pink) or change of sensation (e.g. change in temperature or pins and needles) - you should loosen any straps which may be too tight. If the problem continues:

- Do not remove your splint – contact your therapist.
- Remove your splint and contact your therapist.

Driving – You are unable to drive while wearing a splint unless you have both written medical approval and approval from your insurance company. If you do not have this approval you are not insured to drive.

Bring all your splints to your appointments.

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

Therapist _____ **Phone Number** _____

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