

Upper Limb Unit: Hand Therapy

Splint Information

A splint has been prescribed as part of your treatment programme. The purpose of your splint is to

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Your therapist will have shown you how to apply and remove your splint. If you are unsure please ask.

Your splint should be worn.....

Skin care

Your splint is made from a hard material which has the potential to cause sore areas to the skin. Every effort will be made to ensure this risk is minimised when moulding your splint. However please check the skin for reddened areas each time it is worn. If you experience redness, pain or numbness, stop wearing the splint and advise your therapist as soon as possible. This is particularly important if you have reduced or no sensation to your hand or arm. You should make sure your skin is checked regularly as you may not feel pressure from the splint.

Splint care

Your splint should not be placed near strong heat, such as in the sun, hot water or close to radiators or fires, as it will soften and lose its shape. The splint can be cleaned with warm soapy water or a hand wipe.



Patient Information

Depending on the purpose of your splint, you may be requested to bring this to each appointment. This allows the splint to be reviewed and altered if necessary. Never attempt to make adjustments to your splint at home.

Please speak to your therapist regarding any information in this leaflet or contact us:

Contact details

University Hospital Coventry and Warwickshire Occupational Therapy upper limb service: Tel 024 7696 6016

Rugby St Cross: Tel 01788 663257

Telephone: 024 7696 6013 for physiotherapy at **University Hospitals Coventry and Warwickshire**

Telephone 01788 663257 for physiotherapy at **St Cross Hospital Rugby**

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6016 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History

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