

## Hand Therapy

# Splint information

You have been given a splint as part of your treatment. The aim of your splint is to:

.....

Your therapist will have shown you how to put your splint on and take it off. If you are not sure please ask.

Your splint should be worn:.....

## Skin care

Your splint is made from a hard material which can make your skin sore. Your therapist will try to make sure this does not happen when they mould your splint. However please check the skin for redness each time it is worn. If your skin becomes red, sore or you lose feeling, stop wearing the splint and let your therapist know as soon as possible. This is really important if you have little or no feeling in your hand or arm. Make sure you check your skin often as you may not feel if the splint is rubbing or pressing.

## Splint care

Do not put your splint near hot things such as in hot water or close to radiators or fires, as it will soften and lose its shape. Clean the splint with warm soapy water or a hand wipe.



## Patient Information

Depending on what your splint is for, you may need to bring this to each appointment. This means it can be checked and changed if needed. Never try to adjust 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** Hand Therapy service:  
Tel 024 7696 6016

**Rugby St Cross** Physiotherapy service: Tel 01788 663257

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.

### Did we get it right?

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