

# Instructions for wearing your resting splint

Information for patients, relatives and cares

① For more information, please contact: Your Occupational Therapist

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Your Occupational Therapist is.....

Telephone number.....

Date.....

A moulded resting splint has been custom made for you. Please read these instructions thoroughly before wearing it.

## When to wear your splint

Your splint has been made to rest the small joints of the hand in a supportive position and help manage any hand pain you are experiencing.

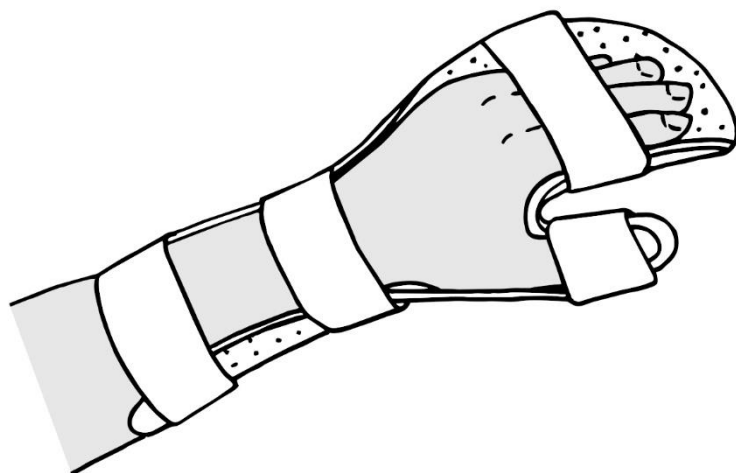
In order to gradually increase your wearing tolerance, please wear your splint at the following times (all suggested times are approximate):

- Start by wearing for 15 minute periods three to four times daily.
- Then 30 minute periods two times daily.
- Then for one hour once daily.
- Then for one hour and a half once daily.
- Providing your resting splint feels comfortable and you are not experiencing any 'side effects', wear when resting and through the night if necessary (after gradually building up your wearing tolerance further), as advised by your Occupational Therapist.

Please also carry out any hand exercises as advised by your therapist.

## Fitting

Your Occupational Therapist will have practiced fitting the splint with you. Please see diagram.



## Do not wear

- Whilst driving/operating machinery/ when using your hand.
- When you are putting your hand in water.

## Possible “side effects”

In the unlikely event of any of the following occurring stop wearing your splint and contact your Occupational Therapist.

- A rash associated with wearing the splint.
- Sore or broken skin on the hand /wrist/ forearm
- Tingling or pins and needles in the hand /wrist/ forearm.
- Increased pain or swelling in the hand /wrist/ forearm.
- Excessive stiffness in the hand/ wrist / forearm associated with wearing the splint.
- Weakness in the muscles of the hand/ wrist/ forearm associated with wearing the splint.
- Any other concerns

## Cleaning your splint

Both the splint and straps may be washed in luke warm water using washing up liquid or soap. An old toothbrush may also be useful to ‘scrub’ any ‘stubborn’ areas.

**Do not use hot water as this may alter the splint’s shape.**

## Precautions

- Avoid placing your splint near sources of heat, i.e. radiators / in direct sunlight. Heat may affect its shape.
- **Do not** try to alter the splint yourself.
- If you feel it is not fitting properly, stop wearing & contact your Occupational Therapist.

## Further comments:

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## Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact Occupational Therapist, Archways, Belgrave Street, York, YO31 8YZ.

## Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

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如果你要求本資 不同的 或 式提供 , 電或發電

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