

Instructions for the wear and care of Oval-8 Splints

Information for rheumatology patients, their relatives and carers who have been provided with a splint under the care of rheumatology Occupational Therapy and Physiotherapy

① For more information, please contact: Your occupational therapist

Your Occupational Therapist is.....

Telephone number.....

Email yhs-tr.Physio.Admin@nhs.net or Text

Date.....

Reason for using the splint(s)

An Oval 8 splint has been provided to support the finger in a good position and block hyperextension of the middle joint of the finger during activity. (This means stopping the middle joint of your finger extending in the wrong direction). Please see diagram on page 3 for details.

Wearing times

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

- Begin by wearing for approximately 20 minutes, three times daily.
- Once you can comfortably tolerate this, increase to approximately 40 minutes, three times daily.
- Once you can comfortably tolerate this, increase to approximately one hour, three times daily.

- Once you can comfortably tolerate this, increase to approximately two hours, three times daily.
- Gradually build up to eight hours a day, unless advised otherwise by your occupational therapist.

This schedule will help you to become accustomed to wearing your Oval-8 splint. You must also do any hand exercises your therapist advises. You should not wear the splint overnight or while driving or operating machinery.

If you have more than one Oval-8 splint, you will need to repeat this process for each individual splint.

Possible side effects

When you begin to wear the splint, you may notice the joint it is fitted around feels stiff. This is to be expected initially. Contact your Occupational Therapist if it is excessively stiff, for example if you are struggling to bend it, or if this stiffness lasts for a prolonged period, for example the whole day.

It is unlikely that you will experience any of the following on, or near the joint the splint is fitted on, but if you do, stop wearing your splint immediately and contact your occupational therapist:

- Further swelling around the joint
- Sore or broken skin around the area
- A rash
- Tingling or pins and needles
- Increased pain
- Any other concerns

Care of the splint

- Clean the splint with lukewarm water and mild soap using a damp cloth and then air dry.
- Keep the splint away from sources of heat e.g. direct sunlight, hot water, radiators, sunny windowsill. Do not wear when putting hands in hot water
- Do not alter your splint in any way.

Fitting instructions

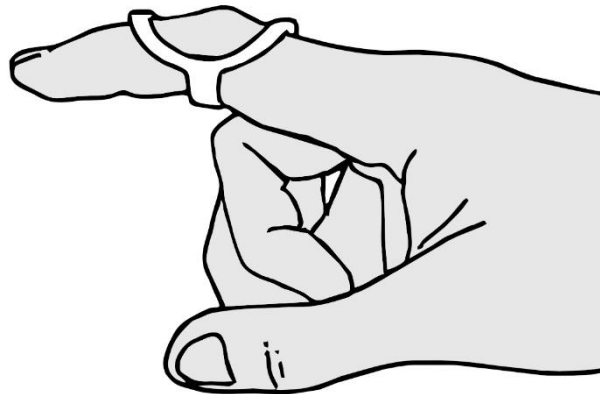
Please see diagram.

Your oval-8 splint has been provided for the following finger and joint:

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Put the splint on your finger as you would put a ring on.
The double bands should be positioned at the back of the finger.
The single band should be positioned at the front of the finger.
When fitted, the oval-8 splint should not restrict you from bending your finger.

Depending on which way you put the oval 8 splint on your finger, it will be half a size bigger or smaller. If the splint feels tight or loose when you put it on, try turning it round in the opposite direction for a better fit.



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 or email yhs-tr.Physio.Admin@nhs.net.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net

An answer phone is available out of hours.

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Owner	Rheumatology Occupational Therapist
Date first issued	December 2020
Review Date	August 2027
Version	2 (issued December 2024)
Approved by	Rheumatology Occupational Therapist
Document Reference	PIL1283 v2
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