

Instructions for wearing your wrist brace

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.....

Please read these instructions carefully before wearing your wrist brace.

When to wear your wrist brace:

A wrist brace has been provided to support your wrist. It will help manage any wrist pain you may be experiencing and improve your grip during activities.

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

- Start by wearing for approximately 15 minute periods twice a day.
- Build up to 30 minute periods once or twice a day.
- Build up to approximately one hour daily.

This will enable you to become accustomed to wearing it.

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

When you have built up tolerance to wearing the wrist brace, wear it during activities which put strain on your wrist such as carrying, housework or gardening, unless advised otherwise by your occupational therapist.

You do not need to wear your splint daily, only as advised.

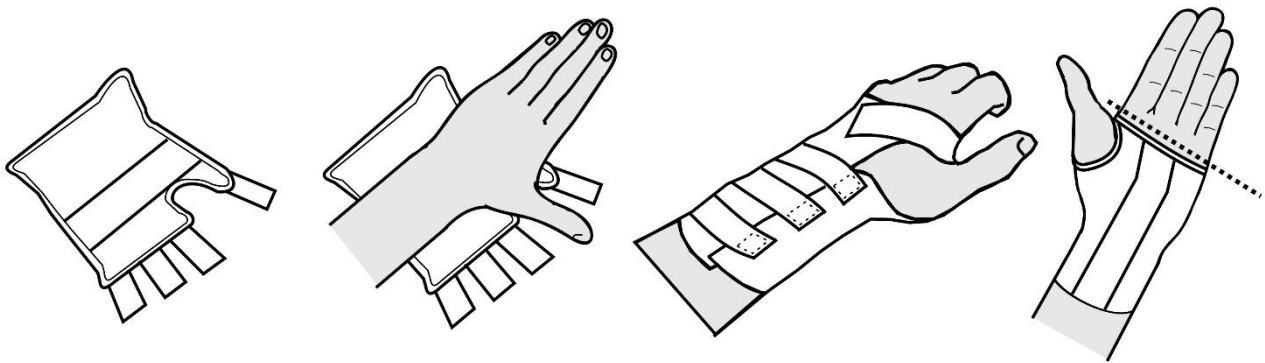
Do not wear your wrist brace:

- Whilst driving or operating machinery.
- Continuously, or for long periods of time as this may result in weakness in the muscles around the wrist.
- When you are putting your hand in water.

It is recommended that you do not wear your wrist brace for longer than.....at any one time.

If you need to wear the wrist brace again on the same day, please ensure that you wait at least the equivalent amount of time you have worn it before putting it on again. It is recommended that you carry out your hand exercises as advised by your therapist in between wearing your wrist brace.

Fitting your wrist brace instructions and diagram



- Lay the wrist brace open on a flat surface, pocket side down.
- Place your open hand on the wrist brace, palm down, with your thumb extending out of the shaped cutaway.
- Bring the edges of the wrist brace together and secure the Velcro straps, adjusting accordingly for a comfortable fit.
- When fitted correctly, the edges of the brace should meet or overlap slightly and you should be able to bend your fingers at the knuckles, without the brace getting in the way.

Possible side effects

In the unlikely event of any of the following occurring, stop wearing your wrist brace immediately and contact your occupational therapist:

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

Cleaning your wrist brace

Remove metal bar, hand wash using lukewarm water with mild detergent and dry flat (your wrist brace may also have its own washing instruction on the inside label).

Precautions

Do not try to alter your wrist brace yourself.

If it is not fitting properly then contact your occupational therapist.

Further comments:

.....

.....

.....

.....

.....

.....

.....

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 your 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.

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.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

Owner	Rheumatology Occupational Therapist.
Date first issued	October 2020
Review Date	August 2027
Version	2 (issued December 2024)
Approved by	Cancer, Specialist and Clinical Support Services Care Group
Document Reference	PIL1467 v2
© 2024 York and Scarborough Teaching Hospitals NHS Foundation Trust. All Rights reserved.	

www.yorkhospitals.nhs.uk