

# Instructions for wearing your wrist brace

Information for patients, relatives and carers

① For more information, please contact: Your Occupational Therapist

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Your Occupational Therapist is.....

Telephone number.....

Date.....

Please read these instructions thoroughly before wearing your wrist brace.

## **When to wear your splint:**

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

Please wear your splint at the following times:

- Start by wearing for 15 minute periods three to four times daily,
- Gradually build up to half hour periods two times daily,
- Then to one hour periods once daily.

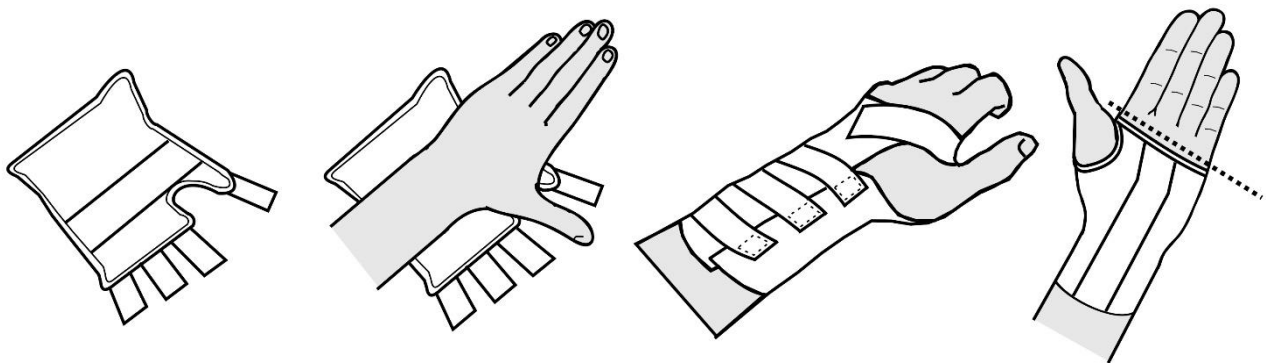
This will enable you to become accustomed to wearing it. (All guidance is approximate).

Following this, wear your wrist brace during activities which put strain on your wrist such as carrying, housework or gardening. Please also carry out any hand exercises as advised by your therapist.

## **Do not wear:**

- Whilst driving/operating machinery.
- Continuously, or for long periods of time as this may result in weakness in the muscles around the wrist.
- It is recommended that you do not wear your wrist brace for longer than.....at any one time. If you need to wear the splint 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 splint.
- When you are putting your hand in water.

## Fitting your splint instructions and diagram



1. Lay the wrist brace open on a flat surface, pocket side down.
2. Place your open hand on the wrist brace, palm down, with your thumb extending out of the shaped cutaway.
3. Bring the edges of the wrist brace together and secure the Velcro straps, adjusting accordingly for a comfortable fit.
4. 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 splint getting in the way.

## Possible “side effects”

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

- A rash associated with wearing the splint.
- 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 splint.
- Any other concerns.

### **Cleaning your splint**

Remove metal bar, handwash using luke warm water/mild detergent and dry flat. (Your splint may also have its own washing instruction on the inside label).

### **Precautions**

DO NOT try to alter your splint yourself.  
If it is not fitting properly then 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

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Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

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