

# Instructions for wearing a thumb shield splint

Information for rheumatology patients, 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](mailto:yhs-tr.Physio.Admin@nhs.net) or Text .....

Date.....

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

A thumb shield splint has been provided to support the joints of your thumb and wrist and improve grip during activity.

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 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.

Following this, wear your thumb shield during activities which put strain on the joints in the thumb and wrist. Activities may include carrying, housework and gardening, unless advised otherwise by your occupational therapist.

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

## Do not wear your splint:

- Whilst driving or operating machinery continuously,
- For long periods of time without breaks.
- When you are putting your hand in water or during bathing.

## Possible side effects

In the unlikely event of any of the following occurring, stop wearing your splint and contact your occupational therapist.

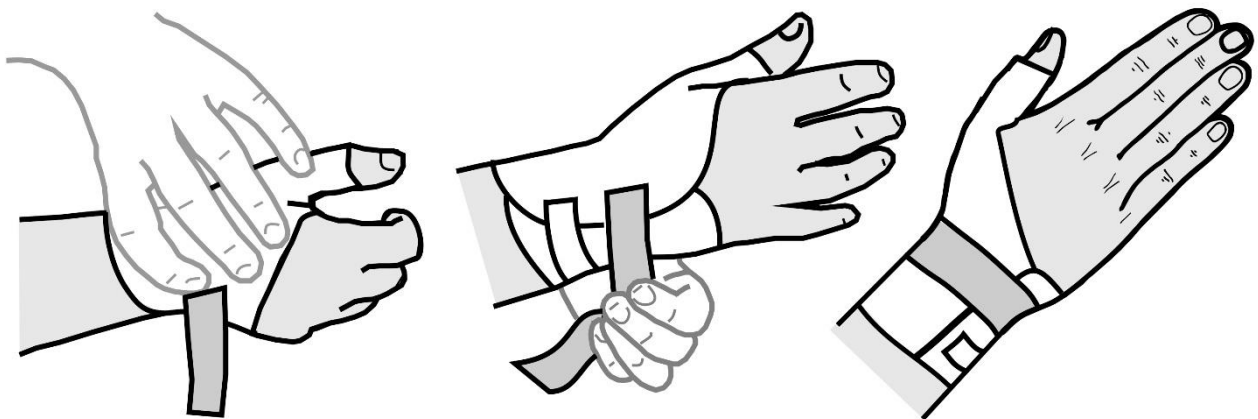
- A rash associated with wearing your splint.
- Sore or broken skin on the hand / thumb / wrist.
- Tingling or pins and needles in the hand / thumb / wrist.
- Increased pain or swelling in the hand / thumb / wrist.

## Cleaning your splint

See instructions on the label.

Do not try to alter the splint yourself.

## Fitting instructions



- Lay the thumb shield brace open on a flat surface.
- Place your thumb into the thumb piece and touch your thumb to the tip of your index finger to help you fit the splint in a functional position.
- Bring the edges of the thumb shield together and wrap around your wrist so it fits snugly, however, not too tightly.
- Secure the Velcro straps, adjusting accordingly for a comfortable fit.



## **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](mailto: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](mailto: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/](http://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	PIL1468 v2
© 2024 York and Scarborough Teaching Hospitals NHS Foundation Trust. All Rights reserved.	

[www.yorkhospitals.nhs.uk](http://www.yorkhospitals.nhs.uk)