

Instructions for wearing a thumb shield

Information for patients, relatives and carers

① For more information contact: Your Occupational Therapist

When to wear your splint:

A thumb support 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 15 minute periods four times daily.
- Gradually build up to half hour periods three times daily,
- then to one hour periods once daily.

This will enable you to become accustomed to wearing it.

Following this, wear your thumb support during activities which put strain on the joints in the thumb and wrist such as writing, carrying, housework and gardening, unless advised otherwise by your Occupational Therapist.

Do not wear:

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

Possible “side effects”

In the unlikely event of any of the following occurring:

- 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.

Stop wearing your splint and contact your Occupational Therapist.

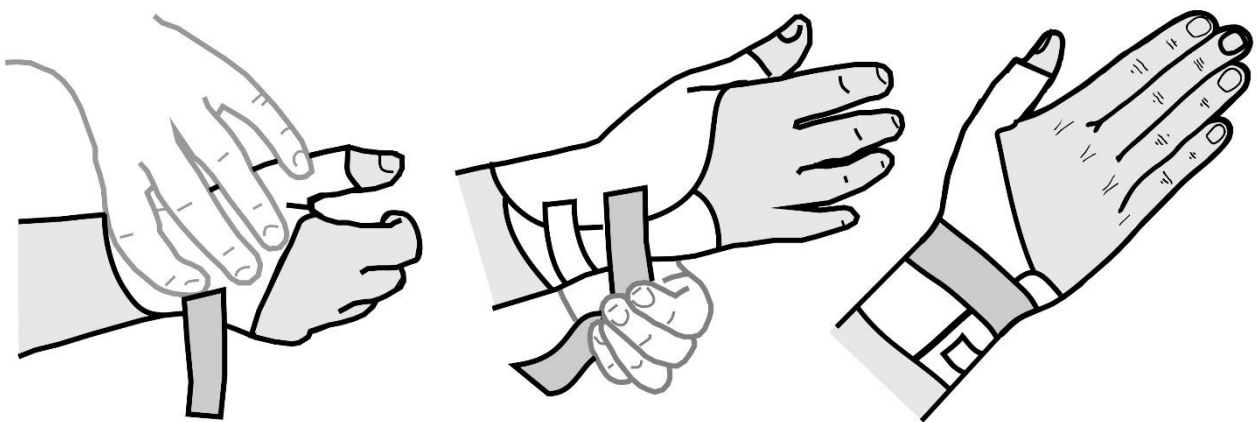
Cleaning your splint

See instructions on the label.

Do not try to alter the splint yourself.

Fitting instructions

Please see diagram



Further comments:

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Your Occupational Therapist is.....

Telephone number.....

Date:

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.

Patient Advice and Liaison Service (PALS)

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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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