

Instructions for wearing your resting splint

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.....

A moulded resting splint has been custom made for you. Please read these instructions carefully before wearing it.

When to wear your splint

Your splint has been made to rest the small joints of the hand in a supportive position and help manage any hand pain you are experiencing. 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 minutes twice a day.
- Then gradually build up to 30 minutes once or twice a day.
- Then approximately one hour daily.

If your therapist has recommended wearing your resting splint overnight, you will need to gradually build up your tolerance before you wear it overnight. This will enable you to become accustomed to wearing it.

If your therapist didn't recommend wearing it overnight, wear as advised.

Therapist advice and comments

.....

.....

.....

.....

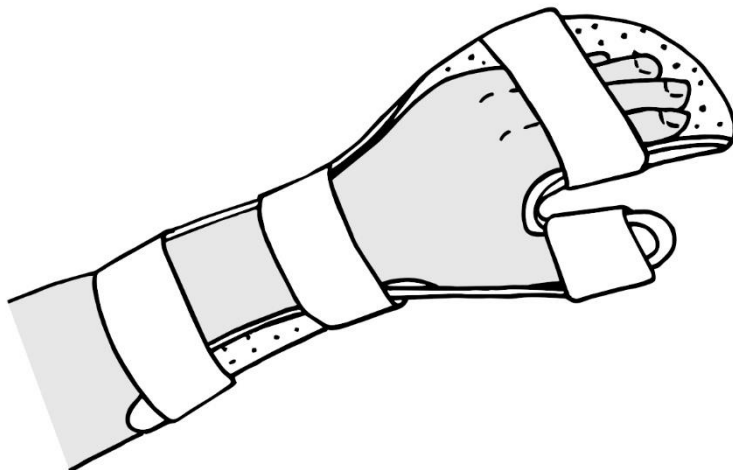
Please also carry out any hand exercises as advised by your therapist.

Fitting

Your occupational therapist will have helped you practice fitting the splint as per the diagram below.

Place your hand and wrist into the splint.

Fasten the strapping so your hand is secure.



Do not wear your splint:

- Whilst driving or operating machinery or when using your hand.
- When you are putting your hand in water.

Possible side effects

In the unlikely event of any of the following occurring in your hand, wrist or forearm, stop wearing your splint and contact your occupational therapist:

- A rash.
- Sore or broken skin.
- Tingling or pins and needles.
- Increased pain or swelling.
- Excessive stiffness. For example, associated with wearing the splint.
- Weakness in the muscles.
- Any other concerns

Cleaning your splint

Both the splint and straps may be washed in lukewarm water using washing up liquid or soap. An old toothbrush may also be useful to scrub any stubborn areas.

Do not use hot water as this may alter the splint's shape.

Precautions

- Avoid placing your splint near sources of heat, i.e. radiators/in direct sunlight. Heat may affect its shape.
- **Do not** try to alter the splint yourself.
- If you feel it is not fitting properly, stop wearing it and 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.

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)

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.

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	December 2020
Review Date	August 2027
Version	2 (issued December 2024)
Approved by	Rheumatology Occupational Therapist
Document Reference	PIL1479 v2
© 2024 York and Scarborough Teaching Hospital NHS Foundation Trust. All Rights reserved.	