



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Trigger Finger - use of Oval – 8 splints

Information for patients, relatives and carers

Your Occupational Therapist is:

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① For more information, please contact:
Physiotherapy/Occupational Therapy Department
Contact Telephone Number: 01904 725390
Email: yhs-tr.physio.admin@nhs.net

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Reason for using the splint(s)

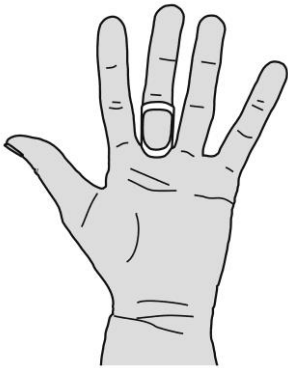
An Oval 8 splint has been provided to rest your finger in a straight position (extension) to try to reduce it 'triggering'.

The splints can be worn on fingers or thumbs.

How to wear the splint (s)

Slide the splint over your finger or thumb so that there is one band at the back of your finger and two at the palm side. It should not be too tight.

Ensure you put the splint on as shown, paying attention if the small + sign close to your palm or not. Your therapist will have shown you this.



Oval 8 on the left finger



Oval 8 on the left thumb

Wearing times

- Wear your splint(s) as much as you are able including overnight to try and rest the affected tendon(s).
- Wear for two weeks initially and then reduce wearing time if your triggering is reducing.
- Wean off the splints slowly. If symptoms reoccur, start wearing it again.
- You may take the splint off when necessary to wash, shower or when you may get it dirty.
- Remove for driving, operating machinery or other times where it may not be safe to wear it.

Care of the splint

- Clean with lukewarm water using a damp cloth and air dry.
- Keep away from heat sources such as sunlight, hot water, radiators, sunny windowsills etc.
- Do not alter your splint in any way.

Possible side effects

In the unlikely event of any of the following occurring, stop wearing the splint and consult your therapist:

- Further swelling around the splint
- Sore or broken skin under the splint
- A rash associated with the splint.
- Tingling or pins and needles associated with the splint.
- Increased pain associated with the splint.

You may initially get increased stiffness in the joint under the splint. This is normal and should not be a problem. If it is excessive or problematic contact your therapist.

If wearing the Oval – 8 and therapy do not improve your symptoms sufficiently, other options may be considered. Please discuss these with your therapist.

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:

The Occupational Therapy Team, Archways,
Belgrave St, Clifton, York, YO31 8YZ

Telephone: 01904 725390

Email: yhs-tr.rheumatologytherapy@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/

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