

Patient information

Neoprene hand splint

Purpose of wearing the splint

- To support and stabilise the joints of the thumb / hand / wrist.
- To bring the joints of the thumb / hand / wrist into alignment
- To manage pain in the joints of the thumb / hand / wrist
- To increase sensory feedback to the thumb / hand / wrist
- To enhance functional potential of the thumb / hand / wrist
- To increase range of movement

Wearing regime

You will need to build tolerance gradually to the limit advised by the treating Therapist. Start with 15 minutes, followed by 30 minutes, followed by one hour, then two hours, then to required time as prescribed by treating therapist.

.....'s neoprene hand splint should be worn

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Precautions

Observe for:

- Redness that does not disappear after 30 minutes from the time that the splint is removed
- Skin irritation
- Swelling

- Any signs of pain
- Changes in circulation

If any of the above are observed

- **Contact the treating therapist**
- **Stop wearing the splint**
- **Seek advice**

Should the child / adult / you be unwell the splint does not need to be worn.

Neoprene can be warm and can cause itching: rest periods from wearing the splint may be necessary.

A sweat rash may sometimes occur, discontinue wearing until the rash disappears and ensure that the skin and splint are washed regularly.

Care of the splint

Hand wash the splint in warm soapy water, rinse well and AIR dry - **do not tumble dry**.

Name of therapist

Date of issue

Contact telephone number

Review date

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>

