

# Advice about your splint

## Patient Information

Occupational Therapy Department



The Patient Information Leaflets page on the Trust website is available on the link:  
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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## You have been provided with a splint for your:

.....

### When to use the splint

- Your splint has been designed to support your thumb / wrist during day to day activities.
- Your splint has been made to .....

### The material your splint has been made from is:

.....

### Risks

The splint could cause any of the following problems – skin irritation, changes in sensation, and joint stiffness. If any of the above are experienced, you should stop using the splint and contact the Occupational Therapy department.

### Benefits

The splint is aimed to reduce pain in the joint it is supporting and provide additional support for either day to day tasks or when resting, depending on the type of splint provided.

### Driving

Do not wear the splint provided by the Occupational Therapy department whilst driving, as your car insurance may be affected.

### Exercises

When wearing a splint during the day, it is recommended to remove the splint approximately every 2 hours, and gently move your hand/wrist, as shown by the Occupational Therapist. If you are advised to wear a splint at night, then complete the gentle movements of your wrist /hand when you get up. If you do not complete the hand/wrist exercises, then your hand/wrist may become stiff.

### The fit of the splint

Your splint should always fit well. If your splint is not fitting correctly and you are still under the care of the Rheumatology Consultant, we will reassess your need for the splint. Contact the Occupational Therapy Department to arrange this. If you are no longer under the care of the Rheumatology Consultant, and the support was provided within the last 12 weeks, please contact the Occupational Therapy Department.

## **Cleaning your splint**

If your splint has been moulded to fit you, wash it by hand with lukewarm water and soap. Dry away from direct heat, as heat can change the shape of your splint; should this happen, do not use the splint, and contact the Occupational Therapy Department for advice.

If there is a metal bar in your splint, remove this before cleaning. Your splint may be hand washed with lukewarm water and soap and dried away from direct heat.

## **If you require a replacement support**

If your splint requires replacement, and you are under the care of the Rheumatology Consultant, you will require a reassessment. Contact the Occupational Therapy Department to arrange this. If you are no longer under the care of a Rheumatology Consultant, you will need to see your GP for a referral to the Rheumatology Team.

## **Contact Information:**

Your Occupational Therapist is: .....

E-mail: [wwl-tr.therapyadmin@nhs.net](mailto:wwl-tr.therapyadmin@nhs.net)

Telephone: 01257 488272

### **Occupational Therapy Department**

Wrightington Hospital

Hall Lane

Appley Bridge

Wigan

WN6 9EP

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## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust  
Royal Albert Edward Infirmary  
Wigan Lane  
Wigan  
WN1 2NN

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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



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## How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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