

# Zimmer Splint Application

## Patient Information

Upper Limb Service

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## Zimmer Splint

This leaflet tells you how to apply a splint to your finger(s) to straighten them out. We have sent you a strip of soft metal with sponge type material on one side: this is called a 'zimmer splint'. You can use it to make your own extension (straightening) splint. Your therapist will advise you when to wear this, but most often this will be at night time whilst you sleep.

Please follow the instructions in this leaflet carefully.

If you are unsure about anything, please ask your therapist.

## Applying the Splint

The zimmer splint strip has a metal and spongy side to it: the spongy side will rest on your skin.

There is a piece of black Velcro on it: this end will go on your palm.

There is a piece of white Velcro: this end will rest on your bent finger.

## Shaping the splint

You need to bend the zimmer splint gently to fit snugly to your finger (as straight as you can get the joints of your finger). Line the end of the splint up to the tip of the affected finger.



## Apply the straps as in the photographs below

There are two straps that go over your finger to hold it in place. And one longer strap that keeps the splint on your palm.

As your finger straightens up, you can straighten out the splint further. We suggest you check this weekly.



## Take Care

If you have an increase in pain in the finger, you may need to progress the straightening more slowly. You should be able to sleep comfortably in the splint.

During the day, your hand is free to use. You may have been given additional stretching exercises by your therapist to gain more extension (straightening).

Please call if there are any questions.

Hand Therapy

01257 488272

This is a voice mail service, please leave a message and it will be passed on to the relevant therapist.

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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 to 4pm)

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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 pros and cons 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 take a look at our “how we use your information” leaflet which can be found on the Trust website: [https://www.wwl.nhs.uk/patient\\_information/leaflets/](https://www.wwl.nhs.uk/patient_information/leaflets/)

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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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