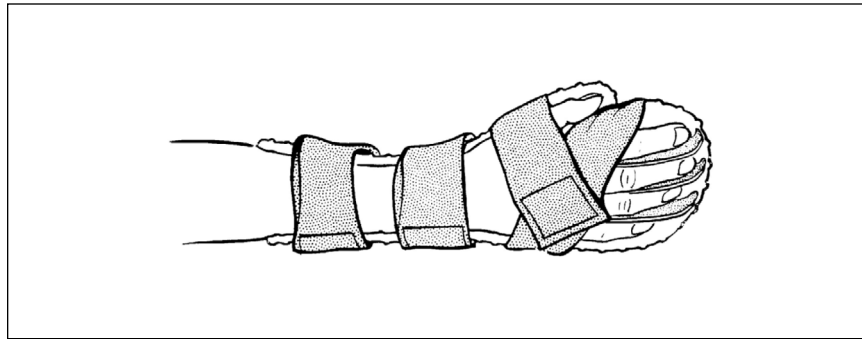


HOW TO WEAR AND CARE FOR YOUR RESTING SPLINT

Mary Pack Arthritis Program • Occupational Therapy



PURPOSE OF SPLINT

- To reduce pain and inflammation in your hand and wrist by holding the joints in a comfortable, well supported position
- To protect the joints in your hand and wrist while sleeping

WEARING INSTRUCTIONS

- Check that the splint fits well before wearing it all night. Put it on for 30 minutes, then remove it and check your skin for areas of pressure. If there are pressure areas, note where they are, stop wearing the splint, and return to your therapist for adjustments.
- If the splint is comfortable and there are no pressure areas, try wearing it during daytime rest periods and overnight. If you have a splint for each hand, you may find it awkward to wear both splints at once. Try alternating the splints each night or use the splint on the hand that is most painful.
- When you remove your splint in the morning, move your wrist and finger joints gently through a full range of motion. If your hands feel stiff, put them in warm water for about 10 minutes before you do these movements.

SPLINT CARE AND CLEANING

Don't leave your splint near anything hot. The material used to make your splint, called thermoplastic, is shaped using heat. It will soften and may change shape again if heated.

Do not place your splint:

- On or near a hot stove or oven
- In front of a heating vent
- In very hot water (i.e. temperatures warmer than your hand can tolerate)
- On a window ledge in the sunshine (i.e. in a car, at home)
- In a clothes dryer

CLEANING: to clean your splint, hand-wash it in **lukewarm water** with a mild soap. Do not use strong cleaning solutions. Remove the straps from the splint and wash them in warm soapy water before laying them flat to dry.

AFTER DISCHARGE FROM OCCUPATIONAL THERAPY

Splint repair

If your splint needs a minor splint repair (e.g. replace strap), contact your Occupational Therapy to make arrangements for the repair to be done.

Splint adjustment / replacement

If your splint no longer fits comfortably or needs a major repair, and you have been seen in Occupational Therapy within the last 12 months, contact the scheduling desk to book a follow-up appointment.

If it has been more than 12 months since your last Occupational Therapy appointment, or if you need a new splint, you will need to get a new referral. Please arrange this through your family physician or rheumatologist.



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