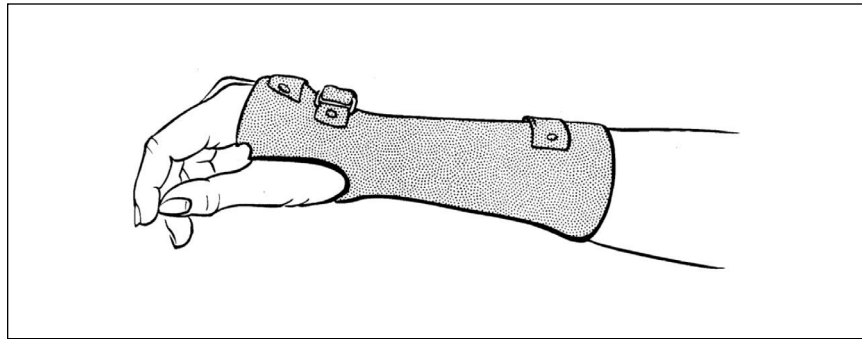


HOW TO WEAR AND CARE FOR YOUR WRIST WORKING SPLINT

Mary Pack Arthritis Program • Occupational Therapy



PURPOSE OF SPLINT

- To reduce pain during daily activities
- To reduce joint stress by supporting the ligaments and muscles
- To improve joint alignment
- To improve your ability to use your hand

WEARING INSTRUCTIONS

- Wear splint for activities that normally cause wrist pain or discomfort
- Check that the splint fits well before wearing it the first time. 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.
- Remove the splint every 2 -3 hours to do your hand exercises. This is important to prevent joint stiffness and to maintain your range of motion. Refer to your exercise handout.
- You may find your normal activities are more awkward while wearing the splint for the first day or so. This is a matter of getting used to a new sense of support.
- Perspiration (sweat) problems – a thin cloth sleeve, called stockinette, can be worn underneath the splint. Ask your therapist for this.

SPLINT CARE AND CLEANING

You have been prescribed a:

Polyethylene splint

- The splint can be hand washed in hot soapy water and air dried. Add a light coat of clear nail polish to the inside rivets to prevent rusting.

Leather splint

- Maintain your leather splint as you would leather shoes or a handbag. Use leather preservatives and cleaners (saddle soap).
- Avoid soaking the splint in water, as the leather will become brittle.

Commercial splint

- Hand wash in lukewarm water with mild soap. Do not use bleach. Rinse in cold water and dry flat.

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.



Making better
decisions together
with patients
and families

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