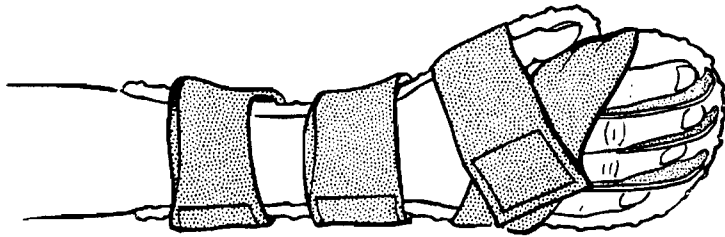


Mary Pack Arthritis Program
Occupational Therapy

WEAR AND CARE OF RESTING SPLINT



PURPOSE

- To reduce pain and inflammation in your hand and wrist by supporting the joints in a comfortable, well aligned position.
- To protect the joints in your hand and wrist from poor positioning while sleeping.

WEARING INSTRUCTIONS

- Check that the splint fits well before wearing it at night. Put it on for 30 minutes, then remove it and check your skin for reddened pressure areas. If pressure areas have occurred, note their location, discontinue 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 nightly or use the splint on the hand that is most painful and inflamed.
- When you remove your splint in the morning, move your wrist and finger joints through a gentle, full range of motion. If your hands feel stiff, put them in warm water for about 10 minutes before you exercise.

SPLINT CARE

- Do not leave your splint in a warm place for extended periods of time as it may change shape (e.g. a closed car on a summer's day or exposed to direct heat on top of a radiator). Your splint is made from a low temperature plastic and will soften at 150°F or 65° C.
- Cleaning: Wipe the splint with lukewarm water and soap. Remove the straps from the splint and wash them by hand in warm, soapy water and lay flat to air dry.

SPLINT REPAIR / REPLACEMENT

- If your splint requires a minor repair (e.g. replacing a strap) contact the Occupational Therapy aide at 604-875-4111, local 68828, to make arrangements.
- If your splint no longer fits comfortably or needs a major repair, and you have seen your Occupational Therapist in the last twelve months, contact the scheduler at 604-875-4040 for a follow - up appointment.
- If more than one year has elapsed since your last Occupational Therapy appointment you will require a new referral. Please arrange this through your family physician or rheumatologist.