

WEAR and CARE of YOUR THERMOPLASTIC SPLINT

TYPE OF SPLINT PRESCRIBED: THUMB FINGER WRIST

PURPOSE OF SPLINT

- To reduce pain during functional activities.
- To stabilize and support the joint to help reduce inflammation.
- To improve joint alignment.
- To improve function.

WEARING INSTRUCTIONS

Wear the splint as outlined by your occupational therapist.

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.

Check your skin the first day for signs of pressure. If any reddened areas occur, let your therapist know. **Do not wear the splint if it is causing pressure.**

Make note of any problems and report these to your therapist as soon as possible. If discomfort increases with wearing the splint, discontinue use of the splint until you have discussed the problems with your therapist.

If you wear your splint most of the day, it is essential that you take it off every 3 to 4 hours and move the joints through their full range of motion.

SPLINT CARE

Avoid exposing your splint to heat sources. The material used to make your splint is sensitive to heat. It will soften and may change shape 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. Dry with a cloth.

AFTER DISCHARGE FROM OCCUPATIONAL THERAPY

Splint repair

If your splint requires a minor splint repair (e.g., replace strap) contact the Occupational Therapy aide at 604-875-4111 local 68828 to make arrangements for the repair to be done.

Splint adjustment / replacement

If your splint no longer fits comfortably and you have been seen in Occupational Therapy within the last year, contact the Occupational Therapy Schedule Desk at 604-875-4040 for a follow-up appointment.

If more than one year has elapsed since your last Occupational Therapy appointment, or if your splint needs replacement, you will require a new referral to Occupational Therapy. Please arrange this through your family physician or rheumatologist.