

## **WEAR and CARE of YOUR WRIST WORKING SPLINT**

### **PURPOSE**

- To reduce pain during functional activities.
- To reduce joint stress by supporting the ligaments and muscles.
- To improve joint alignment.
- To improve hand function.

### **WEARING INSTRUCTIONS**

- Wear splint for activities that normally cause wrist pain or discomfort. When you remove your splint, move your wrist through a full range of movement.
- If wearing the splint all day (by therapist instructions), take splint off three times per day for range of motion exercises for the wrist and hand. This is important to prevent joint stiffness and to maintain range of motion.
- 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.
- Perspiration problems - a stockinette sleeve can be worn underneath the splint. Ask your therapist for this.

## **GENERAL CARE AND CLEANING**

### Polyethylene splint

- The splint can be hand washed in hot soapy water and air dried.

### Leather Working 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 leather will become brittle.

### Commercial Wrist 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 requires a minor repair (e.g. replace strap) contact the O.T. aide 604-875-4111 local 68828 to make arrangements.

### Splint Adjustment / Replacement

- If your splint no longer fits comfortably and you have been seen in occupational therapy within the last year, contact the O.T. Schedule Desk at 604-875-4040, for a follow-up appointment. If more than one year has elapsed since your last O.T. 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.