

Prefabricated Splint Instructions

Purpose

The purpose of your splint is to:

- protect the tendons, ligaments, nerves and/or fractures
- reduce pain
- prevent or correct deformity
- improve or maintain range of movement
- other: _____.

Wearing Instructions

Straps should be applied firmly, but not too tight. Your splint is to be worn:

- at all times (day and night) but can be removed:
 - For hand exercises Yes/No
 - To wash splint and hand Yes/No
 - To shower Yes/No – cover with a bag
- whilst sleeping
- during activities that increase your pain
- during 'risk' periods – lifting more than ____ kg, gripping tightly, when you are in a situation where you might get knocked, bumped or fall on your hand
- other: _____.

Your Therapist and Doctor will alter this wearing regime when appropriate.

Care of Splint

- Wash in cold soapy tap water. Remove metal bar prior to washing. Rinse thoroughly and dry in shade.
- Splint liners may be washed more regularly in cold soapy tap water.

Driving

It may be unsafe and illegal for you to drive while wearing your splint and may void your insurance. Please discuss this with your doctor, your insurer and/or your Therapist.

Precautions

Contact your Therapist if you experience any of the following changes:

- increased pain
- skin irritation
- red marks lasting longer than 20 minutes
- increased swelling
- pins and needles.

Follow-up Check

Please bring your splint/s with you to your next appointment.

Please contact your therapist if you have any queries or concerns.

Therapist: _____

Phone: (07) 3646 7100