

Thermoplastic 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: _____.

Wear 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.

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.

Care of Splint

- Splints change shape when hot. Avoid leaving it in the sun, a closed car, near a heater or in hot water.

- Splints and splint liners can be washed in cold soapy tap water. Ensure your splint is dry before putting it back on your hand.
- Do not attempt to adjust your splint.

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.

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