

Using an individual splint

This instruction is intended for printing. The instruction contains items to be filled in.

Purpose of the splint

- increase / maintain range of motion
- support hand in a resting position
- protect tendons / nerves / joints / ligaments / ossification

Using the splint

- all the time / by day / by night
- splint is used _____
- splint must not be removed
- splint may be removed for hand washing / showering / wound treatment / exercising
- When splint is removed, hand position must be maintained the same as in the splint.

Splint treatment must not be ended without the permission of a doctor or therapist

When splint is put on, take care that the splint is placed correctly (joints, fastenings) and the position of the splint must be checked occasionally during use.

Splint must be covered with a plastic bag while showering. The splint loses its shape at temperatures over 40 degrees, for example in sauna or in the sun.

Cleaning the splint

- Unpadded splint can be washed with lukewarm (below 40 degrees) water and soap.
- Padded splint can be washed with lukewarm water and soap. Note that it takes several hours for the splint to dry.
- Straps can be detached and washed with lukewarm water and soap.
- Tube sock or gauze can be used as a padding under the splint. It absorbs moisture caused by perspiration.
- Cleaning and maintenance of the splint in occupational therapy.

The splint is included in every visit to the doctor or occupational therapy. Splints that have metal parts are returned at the end of splint treatment.

When necessary, contact your occupational therapist, if the splint causes following issues: imprints, swelling, pain, if the splint loosens or breaks down.