

Splinting Advice

Information for children, parents and carers

Purpose of wearing your splint?

You have likely been given a splint to protect an injured part of your finger, hand, or wrist. The type of splint you need will have been decided by the Plastics team: the physiotherapists, doctors, and wound nurses can all have a say in what you and your hand needs.

Your splint has been given to hold the hand and wrist in a specific position and it is important you follow **all** the advice in this leaflet.



Usage and care

The physiotherapist will make you a personalised splint out of either Thermoplastic or Woodcast material. All Woodcast splints are recyclable, but only some Thermoplastic splints are recyclable – please ask your physiotherapist if yours is. The physiotherapist will fit your splint and teach you how to take it on and off. If it looks rather complicated to position, taking a picture of it on with all the straps in the right place is a good idea so you can look back and check.

Typically to start with, splints should be worn **all of the time** unless otherwise instructed below. The only exception is that the splint can be removed for washing of your hand. This must be done with assistance (your adults) to help support your hand in the position the splint would normally keep it in.

Your physiotherapist can write below if you have any special instructions in relation to your splint. This may change the further down the line from your injury as you are safely allowed to do more:

Precautions

Do not immerse in hot water, leave on a radiator or near a fire as the heat can alter the shape of the splint.

Take care not to get the splint dirty, however you will also be given spare lining/straps which you can use if your original splint gets a wee bit grubby. Wipe/wash your splint with lukewarm (not hot) soapy water and rinse. Alternatively, your splint can be wiped with an alcohol gel and can be scrubbed using a toothbrush or nailbrush. Wipe completely dry before wearing again. You will be off sports and PE whilst you wear your splint.

You will **not** be able to cycle with a splint on. Your physiotherapist can discuss activities you may be able to do safely.

If you notice any of the below, contact your physiotherapist for advice:

- On removal of splint if any deep red marks are present, which do not fade within 15 minutes of removal
- Rash, skin irritation, swelling or any signs of pain or discomfort
- Any loss of circulation to the upper limb
- The splint is damaged, for example, cracking or loss of shape
- The splint does not fit as hand shape/posture has changed.

Contact

If you have any questions after reading this information, please ring the physiotherapy department on the number below. The lovely admin team will let your physiotherapist know and we will be in contact.

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