

Patient information factsheet

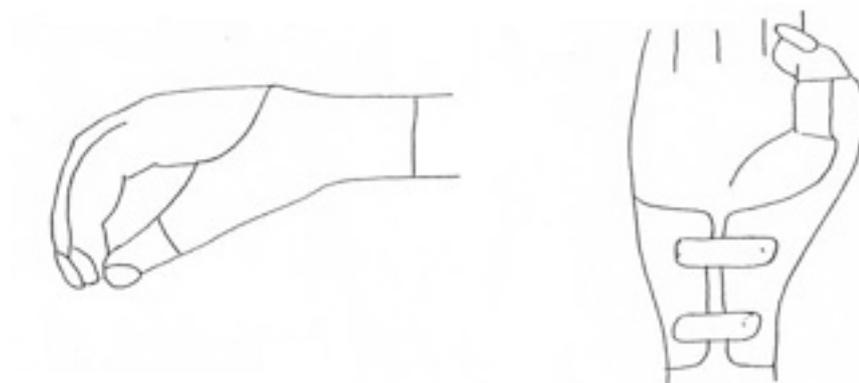
Combined wrist and thumb splint

This factsheet explains how to care for your combined wrist and thumb splint. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to a member of our team.

What is a combined wrist and thumb splint?

A combined wrist and thumb splint is a device designed to support and immobilise (hold still) the wrist and thumb. It should be worn during the day when working and doing things with your hands.

We do not advise wearing the splint all day without any breaks because this may weaken your muscles. Make sure you remove it at least once every two hours to exercise.



Fitting

To get you used to wearing the splint, we suggest you start off by wearing it for 15 to 30 minutes. When it feels more comfortable, gradually increase how long you wear it for at a time to one hour, and then to two hours.

Washing

The splint is made of heat-sensitive materials. Don't put it in hot water or leave it near heat sources, such as a radiator or on a sunny windowsill, because it will change shape.

You can clean the splint using cold or lukewarm water with washing-up liquid or gentle soap.

Adjusting

Regularly check your hand for any red marks. Contact us if any marks do not fade within half an hour, as we may need to alter your splint.

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Contact us

If you need more advice about any aspect of your combined wrist and thumb splint, please contact us.

Therapist: _____

Date: _____

Hand therapy team
Therapy outpatients
B level
West Wing
Southampton General Hospital
Tremona Road
Southampton
SO16 6YD

Telephone: **023 8120 6459**

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