

Patient information factsheet

Wristlet splints

We have written this factsheet to explain what a wristlet splint is and how to wear it. We hope it will answer some of the questions you may have, but if there is anything you don't understand, a member of your healthcare team will be happy to explain further.



What is a wristlet splint?

A wristlet splint is designed to be used during the day when you're working, as it gives support while still allowing movement. Remove your splint for exercises and to wash your hands.

Fitting

This splint is easy to fit and use. It is machine washable, although you may want to put it in a pillowcase first to separate it from your other washing.

Care for your splint

After washing, do not dry the splint in a tumble dryer, on a radiator or in direct sunlight, as this will wear the elastic and cause the splint to change shape.

Adjustment

If your splint causes any problems or you feel it is not supportive enough, please contact your therapist.

Therapist: _____

Date: _____

Contact us

Hand therapy team
Therapy outpatients
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If you need a translation of this document, an interpreter or a version in large print, Braille or audio, please call 023 8120 4688 for help.