

Skin colour

- If your skin reacts to the splint material, for example by becoming itchy, it is possible to wear a stockinette under the splint.
- When you are wearing your splints, check your fingers for good circulation by pressing down on your fingernails and watching for a quick return of pink colour.
- If the hand or arm becomes bluish in colour or overly pink, too cold or too warm, remove your splint.

Caring for and looking after your splint

- To clean your splint, please use baby wipes or a damp cloth.
- Hand wash your splint and let it air dry.
- Do not wash your splint in a washing machine or tumble dry.

Contact details

IF YOUR SPLINT IS TOO TIGHT AND DOES NOT FIT, PLEASE CONTACT YOUR THERAPIST TO BOOK A REVIEW AS SOON AS POSSIBLE.

If you have any concerns, please contact the team on the details below

**Children & Young People's Occupational Service
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2 Stoney Stanton Road
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Phone: 024 7696 1455**

Equality Statement

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NHS

**Coventry and
Warwickshire Partnership**
NHS Trust



Children's Hand Therapy

**Eveswell Neoprene
Wrist Brace**



Aim of your splint

- To position your wrist and hand in a good position.
- To support your hand when doing activities at home and school.
- To look after all the joints in your hand.
- To prevent muscle and soft tissue tightness in your wrist.

Wearing times

- Initially wear your splints for 30 minutes at one time.
- Slowly build tolerance to splints, to wear for up to two hours at a time.
- Your therapist will give you a regime to follow.

When to wear your splint

Left hand

Right hand

Day time splint

Night-time splint

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Pressure areas

- Redness is common over bony areas and around the edges of splints.
- Red areas should disappear in about 15 or 20 minutes. They are not a concern.
- If red areas persist, bruises appear, or the splint is rubbing and uncomfortable.

CONTACT YOUR THERAPIST



Pain/discomfort

- Remove your splint, note any red areas. Move your hand and arm. Try the splint again.
- If the pain or discomfort persists:

CONTACT YOUR THERAPIST

Swelling

- Swelling (oedema) can sometimes occur with splint wear.
- Remove your splint. Elevate your hand and arm on a pillow and move your joints.
- Try your splint again; loosen the straps slightly if you feel they are too tight and uncomfortable. If the swelling does not reduce:

CONTACT YOUR THERAPIST