

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

- Do not leave your splint in the sun, hot car or near the radiator; they will change shape!
- To clean your splint, please use baby wipes or a damp cloth.

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
4th Floor
City of Coventry Health Centre
2 Stoney Stanton Road
Coventry, CV1 4FS
Phone: 024 7696 1455**

Equality Statement

If you require this publication in a different format or language, please contact our Equality and Diversity department on 024 7653 6802

NHS

**Coventry and
Warwickshire Partnership**
NHS Trust



**Children's Hand Therapy
Thermoplastic Splint
Care**



Aim of your splint

- To position your wrist and hand in a good position and support your hand.
- To maintain good thumb movement so you can use your hand to pick up your favourite toys, pens and games during the day.
- To give your hand a good stretch at night to stop muscle and soft tissue tightness.
- To look after all the joints in your hand.

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

- The splint is made from a hard material which has the potential to cause sore areas to the skin.
- Every effort will be made to ensure this risk is minimised when molding your splint.
- This means that it is likely that you will notice some red areas when you remove the splint.
- Redness is common over bony areas and around the edges of splints.
- Red areas should disappear in about 15 or 20 minutes. These 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 the swelling does not reduce:

CONTACT YOUR THERAPIST

