

## 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.
- Elevate your arm and hand.

## Caring for and looking after your splint

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

## 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



**Coventry and  
Warwickshire Partnership**  
NHS Trust



**Children's Hand Therapy**

**Benik Wrist Splint  
Without Thumb Post**



## Aim of your splint

- To help your wrist to be in a good position.
- To support your wrist when doing tasks at home and school.
- To prevent muscle and soft tissue contractures.

## 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. 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 you feel they are too tight and uncomfortable. If the swelling does not reduce:

**CONTACT YOUR THERAPIST**