

Protective splints – Hand Clinic

You should wear your splint:

- at all times
 - even when in the shower and bathing
 - even when sleeping
 - except** for cleaning 1 or 2 times a day. Make sure your hand is protected while the splint is off.
- except** when doing your exercises; make sure your hand is protected
- During moderately strenuous hand activities and potentially harmful situations such as crowds, sports which you are allowed to do and around pets.
- at night

Your wearing schedule may change as your injury heals. Also, as you wear your splint, or as the swelling goes down your splint may need to be adjusted.



Do not change your schedule without contacting your therapist.

Do not adjust the splint yourself or add any padding.

Doing this will increase the pressure areas. Arrange to see your therapist as soon as possible if your splint needs adjusting.

Why do I need to wear a splint?

Splints may be worn for many reasons:

- ✓ to immobilize - prevent movement
- ✓ to protect or support your bones, muscles, tendons and ligaments in order to promote healing
- ✓ to prevent further injury or problems
- ✓ to help to decrease the pain and swelling and inflammation

Skin care

Skin problems can happen from sweating or the splint rubbing against your body.

To avoid problems with sweat:

- ✓ Wash splint often. 1 to 2 times every day.
- ✓ Sprinkle talcum powder or baking soda on the splint to help soak up the moisture.
- ✓ Wear light cotton such as a cotton stocking between the skin and splint.
- ✓ If your skin is sore, itchy, or red by the splint call your therapist so that your splint can be adjusted.

How do I clean my splint?

- ✓ Wash in cool water.
- ✓ Use a light detergent such as dish soap.
- ✓ Use a soft brush like a nailbrush or toothbrush for stubborn dirt or stains.
- ✓ Rinse well.
- ✓ Pat dry or put it on a counter to dry.



- do not use hot water
- do not use harsh soap or bleach
- avoid heat to dry the splint such as a sunny window or hair dryer

How do I clean my stockinette and velcro straps?

Hand wash stockinette and velcro straps and hang to dry. It can fall apart when washed in a washing machine.

**If you have any questions, call the Hand Clinic
905-521-2100, extension 40578
Monday to Friday**