

## Therapeutic splint – Hand Clinic

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### You should wear your splint:

- \_\_\_\_\_ times a day
  - can slowly increase number of times a day as tolerated
- \_\_\_\_\_ minutes per session
  - can slowly increase amount of time per session as tolerated

This schedule is for \_\_\_\_\_ weeks or until \_\_\_\_\_.



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**