



Thermoplastic Splint Instructions

Purpose

The purpose of your splint is to:

- Protect the tendons, ligaments, nerves and/or fractures
- Reduce pain
- Prevent or correct deformity
- improve or maintain range of movement
- Other: _____

Wear Instructions

Straps should be applied firmly, but not too tight.

Your splint is to be worn:

- At all times (day and night) but can be removed:

For hand exercises Yes/No

To wash splint and hand Yes/No

To shower Yes/No – cover with a bag

- Whilst sleeping
- During activities that increase your pain
- During 'risk' periods
- Other: _____

Your Therapist and Doctor will alter this wearing regime when appropriate.

Precautions

Contact your Therapist if you experience any of the following changes:

- Pins and needles
- Red areas from rubbing
- Increased pain
- Increased swelling

Care of Splint

- Splints change shape when hot. Avoid leaving it in the sun, car, near a heater or in hot water
- The splint may be washed with warm (not hot) soapy water. Separately hand wash the straps with mild soap
- Ensure splint is dry before applying
- **Do not attempt to adjust your splint!**

Follow-Up Check

Please bring your splint/s to your next appointment as they may need to be adjusted.

Contact your therapist on 08 8356 8385