

Patient information

Combined Wrist/Thumb Splints

Occupational Therapy - Therapies Department

Arthritis can cause painful and swollen joints. Your thumb is an important part of your grip and when painful can limit your ability to do everyday activities such as opening jars and bottles or turning a key in a door.

Arthritis can also cause wrist pain, which can be worse during more energetic activities such as hovering, DIY or gardening. Your wrist is important as it stabilises and provides the power in your hand.

The purpose of the combined wrist/thumb splint is to:

- Support painful wrist and thumb joints during activity in a comfortable and useful working position.
- Reduce pain in your thumb and wrist.



Combined Wrist/Thumb Splint

Wearing your combined wrist/thumb splint

The combined wrist/thumb splint should be worn to support your wrist and thumb during activities which would otherwise cause pain, e.g., ironing, DIY, turning taps and keys and opening jars.

- The splint should not be worn for longer than thirty minutes at a time up to eight times a day during activities.
- After wearing your splint, gently move your thumb and wrist to loosen them up again.
- It can be very tempting to wear your splint too much, however overusing it can cause muscle weakness and joint stiffness.
- If you wear your splint for driving, you need to **inform the DVLA and your insurance company.**

Care of Your Splint

- You can wash your splint at 40 degrees.
- Leave it to dry naturally.

Precautions

Remove the splint if you notice any of the following:

- You have any skin colour changes.
- Pins and needles or numbness.
- Excessive swelling.
- Severe pain.
- Soreness caused by the splint rubbing.
- Red marks on your skin.

If you have any concerns regarding your splint, if your splint no longer seems to fit or needs replacing.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

Occupational Therapy Service

Royal and Broadgreen Hospitals

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Text phone number: 18001 0151 706 2760

Aintree Hospital

Tel: 0151 529 8047

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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زانیاری پیومندیدار بهو نه‌خوشانه‌ی له‌لایمن تراسته‌وه په‌سهند کراون، ئه‌گهر داوا بکریت له فورماته‌کانی تردا بریتی له زمانه‌کانی تر، نیزی رید (هاسان خویندنه‌وه)، چاپی گه‌وره، شریتی دهنگ، هیلی موون و ئه‌لیکترۆنیکی هه‌یه.

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