

Patient information

Dynamic Foot Splint

Therapies Department - Occupational Therapy

Name

Hospital

Splint: Dynamic foot splint

Purpose: To maintain your foot in a good position and prevent shortening of the tendon at the back of your heel. To allow you to exercise your ankle joint as shown by your therapist.



Advice to follow

Wear:

- This splint is not for weight bearing and is to be worn when resting only.
- Your therapist will advise on wearing regime; this may alter over time.

Other.....
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Precautions:

If you develop problems such as:

- Increased swelling.
- Increased pain.
- Pins and needles.
- Red marks from the splint rubbing.
- Loss of movement.
- Numbness.
- Skin irritation or rash.

You must contact your therapist as soon as possible for advice or to arrange an appointment.

Care of your foot:

- Wash your foot at least once each day.
- Massage with a non-perfumed moisturising cream, for example white soft paraffin/liquid paraffin 50/50. Please avoid the pin site area.
- If possible, wear a thin cotton sock inside your splint.

Care of your splint:

- To clean wipe over the splint with a warm soapy cloth and dry with a towel.
- Do not leave near a heat source e.g. radiator/fire.
- Do not wash your splint in hot water – it will lose its shape.

Straps:

If these are lost, become loose or fail to fasten, contact your therapist for replacements.

The resistance band:

- Your therapist sets this to the correct tension – it is important that this is maintained.
- If the band tears, contact your therapist for a replacement.

Your Occupational Therapist is

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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

For further information please see below

Therapies Limb Reconstruction Service
Ward 3
Broadgreen Hospital
Tel: 0151 282 6928
Text phone number: 18001 0151 282 6928

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