

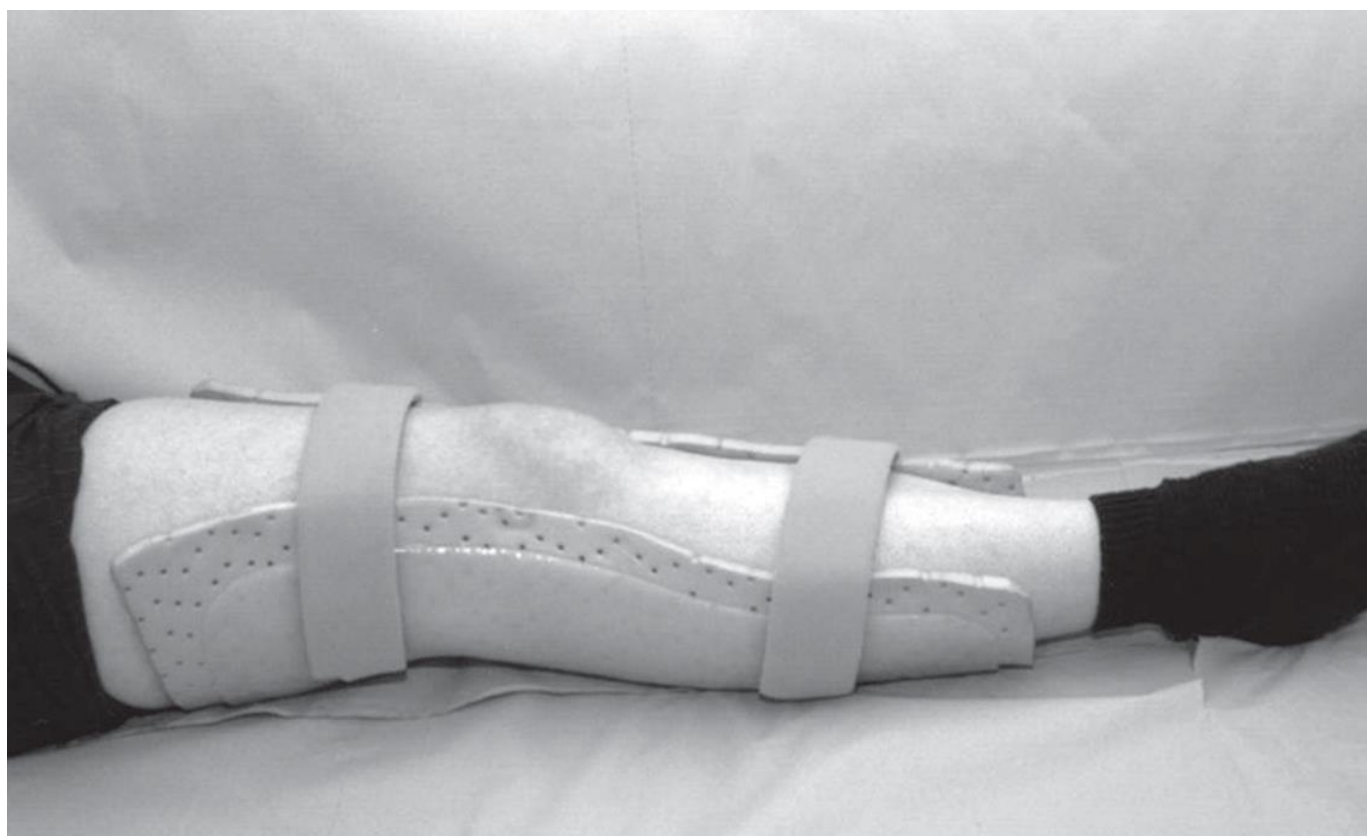
Patient information

Knee Resting Splints

Therapies Department

Arthritis can cause painful, swollen knee joints. It may be difficult to straighten your knee, especially in the morning.

Knee pain can disturb your sleep and reduce your mobility.



A knee splint is made to:

1. Help to reduce pain and swelling.
2. Support your joint at rest in a good position.
3. Maintain current range of movement and prevent further loss of movement.

Wearing regime

- Your splint should be worn through the night while in bed. At first you may find that you are only able to tolerate the splint for two to three hours, build up gradually.
- Your knee may well be stiff the following morning. Remove the splint and gently bend and straighten your knee to regain movement within your pain limits. A shower or bath may help to ease stiffness.
- A knee splint is preferable to a pillow, as it will help to maintain the best range of movement.

Precautions

Remove the splint if you notice any of the following in your leg:

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

Keep the knee splint away from heat sources, e.g. direct sunlight, radiators, and fires as this may cause it to soften and change shape.

If your splint no longer fits or you need a new splint please contact your occupational therapist.

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

Tel: 0151 706 2760

Text phone number: 18001 0151 706 2760

Aintree Hospital

Tel: 0151 529 8047

Text phone number: 18001 0151 529 8047

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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