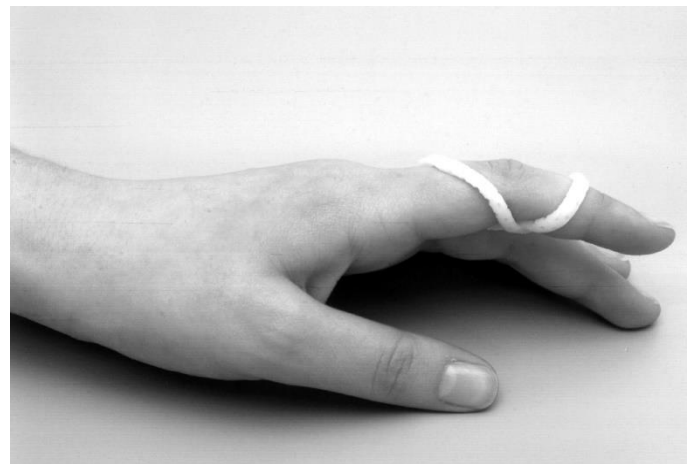
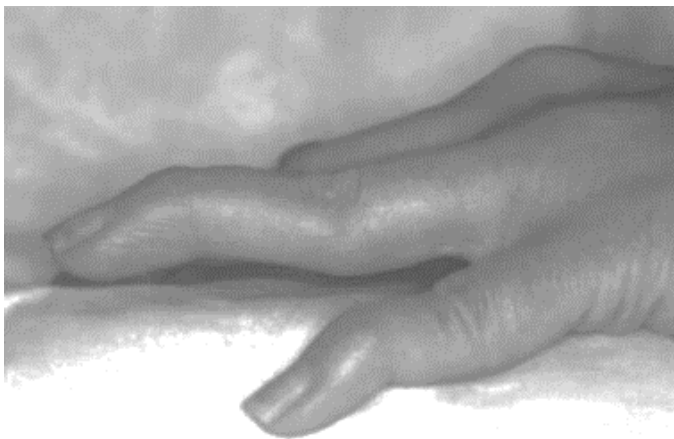


Patient information

Swan Neck Splints

Occupational Therapy-Therapies Department

Arthritis can cause finger joints to change their normal position. On occasions this may cause changes to occur such as a swan neck.



A finger or thumb with a swan neck may become stiff or unstable and lead to everyday tasks (involving your hands) becoming more difficult.

Splint wearing regime.

Your splint should be worn throughout the day during periods of activity. At first, you may find that you are only able to tolerate the splint for short periods, e.g. 30 minutes, you should gradually increase how long you wear the splint for. Be sure to check your skin regularly for any reddened areas.

Maintenance

The splint can be cleaned using warm, soapy water. Allow the splint to dry naturally.

Keep the swan neck splint away from heat sources, e.g., direct sunlight, radiators, fires as it may soften and change shape.

Precautions

If you have to operate machinery it is not advisable to wear the swan neck supports, your therapist will advise you.

Remove the splint if you notice any of the following in your hand/finger:

- 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.

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

Royal and Broadgreen Hospitals

Tel: 0151 706 2760

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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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.