

Patient information

Thumb Post Splints

Occupational Therapy/Therapies Department

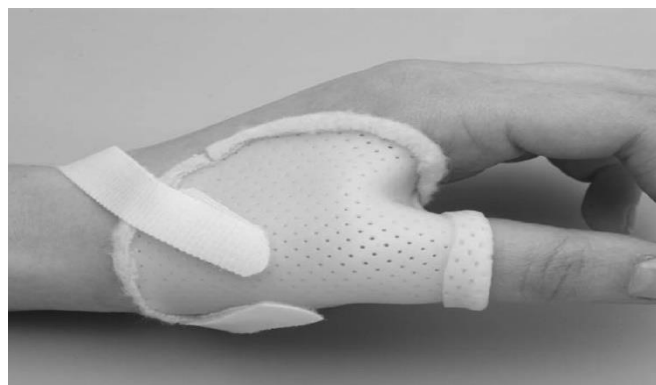
Arthritis can cause painful and swollen joints. Your thumb is an important part of your grip and when painful can limit your ability to do everyday activities e.g., opening jars and bottles or turning a key in a door.

Thumb Post Splints

These can be made of fabric or hard plastic.



Neoprene/Soft Splint



Thermoplastic

The purpose of wearing your thumb post splint during activity is to:

- Support your thumb in a comfortable and useful position.
- Reduce pain in your thumb.

Wearing your thumb post splint

- The splint should not be worn for longer than 30 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 may 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 insurance company.

Care of your splint

- You can wash a soft splint in lukewarm soapy water or machine wash at 30 degrees and allow to dry naturally.
- If you have a hard plastic splint, wash in lukewarm water and do not leave in direct sunlight or near a heat source as this may cause the splint to soften and change shape.

Precautions

Remove the splint if you notice any of the following:

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

Please let your therapist know at your next appointment if any of the above occur.

If you have any problems with your splint or if it no longer fits or needs replacing, 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

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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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