

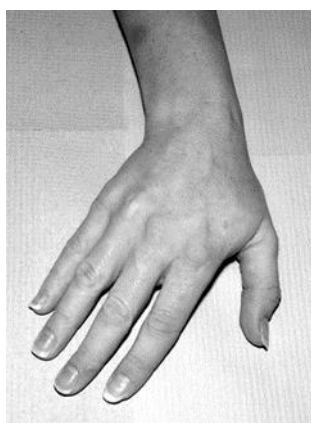
Patient information

Ulnar Drift Splint

Occupational Therapy - Therapies Department

Your joints swell when your Rheumatoid Arthritis is active (i.e., flare up). Prolonged swelling stretches the tendons and ligaments that hold the joints together.

The tendons and ligaments become slack, and this means the bones of your hand are more likely to move into unwanted positions. One of the joint changes that can happen is called Ulnar Drift



The fingers move over
(drift towards the little finger).



Fabrifoam



Neoprene

The purpose of wearing your ulnar drift splint during activity is to:

- Support your fingers in a useful position to improve overall hand function.
- Help protect the joints of your hands by reducing the effect of ulnar drift.
- Help reduce the pain you may have.
- This splint should not limit your movements.

Wearing your ulna drift splint

The splint should be worn in the daytime during periods of activity. You should not sleep in your splint. Be sure to check your skin for any red or sore areas.

Care of your splint:

Wash in warm soapy water and allow the splint to dry naturally before wearing it again.

Precautions:**Remove the splint if you notice any of the following:**

- your fingers change colour
- pins and needles or numbness
- excessive swelling
- severe pain
- soreness caused by the splint rubbing
- red marks on the skin.

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

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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