

Patient information

Wrist Support

Occupational Therapy - Therapies Department

When you have arthritis undertaking energetic activities such as ironing, hoovering, DIY or gardening can cause further wrist pain.

Your wrist is important as it stabilises and provides the power in your hand.



A wrist support is made to:

1. Support painful wrist joints during activity.
2. Position your wrist in a useful working position.

Wearing your wrist support

The wrist support should be worn to support your wrist during activities which would otherwise cause you pain, e.g., ironing, DIY, turning taps and opening jars.

- They should be worn for no longer than 30 minutes at a time up to eight times a day.
- After removing your splint, gently exercise your wrist to loosen it up again. Soaking your hand in warm water can also help to relieve stiffness.
- It is very tempting to over wear your wrist support, but we advise overuse can cause the wrist muscles to weaken and waste.
- If you wear your wrist support when driving, you need to inform your insurance and the DVLA.

Precautions

Remove the splint if you notice any of the following in your hand or arm:

- 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.

Care of your splint

- You will need to wash your wrist support as it will get dirty during daily use. Remove the metal bar and hand wash in warm water leave to dry naturally.
- Be sure to replace the metal bar correctly.

Contact your occupational therapist if your splint no longer seems to fit or it needs replacing.

Occupational therapy aims to enhance your quality of life by:

- Assessing and providing practical solutions to problems encountered during daily living activities and work.
- Assessing your home and work environment and recommending equipment/adaptations to restore your independence.
- Assessing your upper limb function to determine if splints or joint replacement surgery would be of benefit.
- Making splints to rest/protect your joints and to assist useful movements.
- Educating you in joint protection/pain/management/energy conservation and relaxation techniques.
- Liaise on your behalf with other professional organisations, e.g. chiropody, housing, home help, doctors.
- Providing support and advice when problems arise.

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

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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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